

Citrus Kale Salad with Almonds, Avocado and Pomegranate

Prep time:

15 minutes

Yields:

2 servings

Ingredients:

½ bunch kale, Stems removed and leaves torn into bite-sized pieces

1/4 cup pomegranate seeds

1/4 cup sliced almonds, toasted

½ avocado, diced

For the dressing:

1/4 orange, juiced

1/4 lime, juiced

1 tablespoon maple syrup

2 tablespoons extra-virgin olive oil

Salt and pepper to taste

Directions:

Make the dressing: Whisk the juices together with the maple syrup. Slowly drizzle in the olive oil. Massage kale into the dressing until soft. Toss remaining ingredients with the kale and serve immediately.