

AMELIA LORD'S RAW GREEN KALE SALAD WITH APPLES & AVOCADOS

1 bunch organic curly green kale
1 large organic apple, chopped
1/2 medium white or red onion, finely chopped
1 ripe avocado, chopped
3 tablespoons extra virgin olive oil, plus extra for garnish
Freshly squeezed juice of 1 lemon
1/4 teaspoon sea salt, or kelp/sea salt blend
1/4 cup slivered almonds or chopped walnuts

Strip kale leaves from stems; discard stems and tear kale into bite-size pieces. In a large mixing bowl sprinkle kale with salt and massage well with hands (as you would when making [kale chips](#)). Add chopped apple, avocado and onion to kale.

Emulsify or blend lemon juice and olive oil, then pour over kale, massage all ingredients again with hands. (This gets messy but is a lot of fun.) Mush and squish around until well-combined and much of the avocado is incorporated as part of the dressing.

Top with almonds or walnuts and serve immediately, and/or store in the fridge in an airtight container; it's great the next day.

Variation: Fiddleheads customer [Pat Flynn Brune](#) suggests substituting fresh sliced strawberries for the apples.

Prep Time: 20 Minutes

Yield: 2-4 entree-sized servings; would also be the perfect size for a party/potluck, etc.

For more of Amelia's recipes, holistic nutritional information and health coaching services, contact her at amelialord@me.com or visit her [website](#).