

## *Summer Kale Salad* - Serves 2



### Ingredients:

- 4-5 handfuls Kale pieces ripped off the stem
- 1 handful Cranberries
- ½ handful Sunflower seeds
- ½ handful Pumpkin seeds
- ½ Granny smith apple
- To taste Poppy seed dressing

### Directions:

1. You know what to do! Put all the ingredients in a bowl and stir
2. You can also add ground flaxseed if you want!
3. Enjoy 😊