

Kale Power Salad

Ingredients

1 cup organic baby kale, washed and dried
1 raw beet, peeled and cut into thin straws
1 carrot, peeled and coarsely grated
1 organic cucumber, cut into semicircles
½ cup garbanzo beans
1 handful Cherry tomatoes (optional)
1 tbsp sunflower seeds without shells, toasted and salted
Salt to taste
Juice of ½ lemon
Good quality olive oil
Hummus

Preparation

1. Place the first 7 ingredients into a large mixing bowl
2. Add in the salt, lemon juice, and olive oil. Mix until coated. Taste and adjust seasoning.
3. Top with a large spoon of hummus and serve.