

Apple Kale Salad (AIP, Paleo)



Ingredients:

1 apple
3-4 cups small lacinato kale

Dressing:

1-2 cloves of garlic, minced
1/4 cup olive oil
1/2 tsp Pink Himalayan salt
1/2 lemon juiced

Directions:

1. Chop kale and an apple.
2. Mix all the ingredients of salad dressing and sprinkle over kale.
3. Cover the salad with the dressing and put in the bowls.