

Avocado Kelp Noodle and Kale Salad



2 servings

1/2 large avocado

6 oz kelp noodles (2 cups or half the package)

3 cups kale stems removed and very thinly sliced (lacinato is best but curly is fine just be sure you slice it really thin)

1/4 cup sauerkraut

1 carrot julienned or shredded

Juice of half a lemon

Sea salt and black pepper to taste

- Mix the kelp noodles, carrots, sauerkraut and kale together with the lemon. Add the avocado and smash it with a fork, then use your hands to "massage" it all together.
- Taste for salt. Sprinkle with fresh pepper.
- Enjoy.