



Massaged Kale and Avocado Salad

2 servings

1 bunch kale (about 3 cups), stalks removed and discarded, leaves very thinly sliced

2 Tb lemon juice

1/4 cup extra-virgin olive oil

1/2 tsp Celtic Sea Salt

1 tsp raw honey

1/4 tsp Dijon mustard

Freshly ground black pepper

2 Tb pine nuts (optional)

1 avocado cut into cubes

- Put kale in large serving bowl, add 1/4 tsp salt. Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.
- In a small bowl, whisk the lemon juice with remaining 1/4 tsp salt, the honey, mustard and freshly ground black pepper. Stream in the 1/4 cup of oil while whisking with a fork until a dressing thickens a little.
- Pour the dressing over the kale, and add the avocado. Toss and serve.