



307.350.8557

sarah@this-one-life.com

909 Fremont St. Lander, WY 82520

this-one-life.com

Kid-Friendly Kale Salad

By Sarah Kolman

Kids and parents alike devour this yummy kale dish. We make this salad about 5 times a week because we love it so much. It usually accompanies us to picnics and potlucks too.

1 bunch of kale

1 lemon

1 tbsp honey

1-2 tsp olive oil (optional)

One type of nut of your choice (pumpkin seeds, sunflower seeds, pecans, etc)

One type of berry of your choice (blackberries, blueberries, strawberries, etc.)

Remove spine of kale and break into bite size pieces. Squeeze lemon over kale. Add honey (I add honey until there is a good balance of sweet and sour but I start with 1 tbsp.). Massage kale with your hands, making sure each leaf has softened and is covered with lemon and honey. Add nuts and berries—in the amount that works for you—at the end.

think outside the box

