Remove kale stems, and tear leaves into small pieces (about ½ inch).
Dice apples into ¼ inch pieces.
Shred carrots using a grater.
In a large bowl, toss kale, apples, and carrots together.
In a small jar pour vinegar, mustard, honey, oil, garlic, salt and pepper.
Seal lid on the jar and shake vigorously to combine.
Pour dressing on top of salad and gently toss with tongs.
Serve immediately.

The tangy dressing and sweet apples and carrots are the perfect companions for kale!