



4 cups of organic Lacinto Kale (or Kale of choice)
Avocado spray oil (for massaging the kale)
2 tablespoons of organic hemp hearts
½ cup organic lentils or garbanzo beans (rinsed thoroughly if from a can)
½ organic red bell pepper chopped
⅓ cup organic chopped walnuts
½ cup chopped cooked beets
⅓ cup Violife Vegan Feta
⅓ cup chopped organic rainbow carrots
⅓ cup chopped organic celery
⅓ cup organic chopped avocado
3 tablespoons of squeezable tahini
Salt and pepper to taste
1/4 teaspoon of organic onion powder
1/4 teaspoon of organic garlic powder
⅛ of a cup of organic white balsamic vinegar

First massage kale for 30 seconds after you spray with avocado spray oil (one or two second spray as you don't need much)

Add the rest of the ingredients to the massaged Kale

For the dressing sprinkle on organic onion powder, garlic powder, a bit of salt and pepper to your liking and mix.

Add the squeezable tahini and white balsamic vinegar and mix well and serve!

*you can add whatever veggies you have at home! The more the variety the better!