

Blueberry Kale Salad

11 ingredients · 20 minutes · 6 servings



Directions

1. In a large bowl, combine the kale, cucumber, celery, blueberries, spiralized beets, and pumpkin seeds.
2. In a mason jar, combine the olive oil, lemon juice, Dijon mustard, salt and pepper. Shake well.
3. Before serving, pour dressing over the salad and toss well. Enjoy!

Notes

Storage

Keeps well in the fridge for 4 days.

More Carbs

Add cooked quinoa.

Ingredients

- 10 cups** Kale Leaves (chopped)
- 1** Cucumber (chopped)
- 4 stalks** Celery (chopped)
- 2 cups** Blueberries
- 2** Beet (peeled and spiralized)
- 1/2 cup** Pumpkin Seeds
- 1/2 cup** Extra Virgin Olive Oil
- 3** Lemon (medium, juiced)
- 1 tsp** Dijon Mustard
- 1 tsp** Sea Salt
- 1/4 tsp** Black Pepper