

KALE VINAIGRETTE DRESSING

INGREDIENTS

- 1 T** Ginger (finely chopped)
- 1/4 C** Apple Cider Vinegar
- 3/4 C** Extra virgin olive oil
- 1** Lemon (juiced)
- 1 t** Sea Salt
- Bunch** Kale (any color)

DIRECTIONS

- 1** Hold the stem of the kale bunch & rinse with water
- 2** Shred the kale from the stems with a sharp knife
- 3** Combine all ingredients except the kale in a blender & blend until smooth
- 4** In a bowl, add the kale to the blended ingredients
- 5** Refrigerate in a covered container for at least 12 hours before eating
- 6** Let the dressing to reach room temperature before using

