

CREAMY KALE SALAD WITH FRESH BLUEBERRIES AND CUCUMBER

PREP TIME
10 mins

TOTAL TIME
10 mins

Creamy Kale Salad With Fresh Blueberries: Made creamy by avocado.
Vegan and Gluten Free

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Recipe type: Main

Cuisine: American

Serves: 3-4



 PRINT

INGREDIENTS

6 cup kale
1 avocado
1 tbsp lemon juice
1 cup finely chopped cucumber
½ cup blueberries
freshly ground pepper and pinch of salt
*optional: I topped ours with a few crushed pecans

INSTRUCTIONS

1. Peel avocado, and mash in a bowl
2. Add in cup fulls of kale at a time, massaging the leaves and squishing the avocado along with the leaves. You will notice the leaves softening and becoming darker
3. Continue to add kale until you reach your desired ratio of leaves to avocado (for me it was 6 cups)
4. Add in lemon juice, freshly ground pepper, and a pinch of salt, mix again
5. Add in cucumber and blueberries, mix and serve topped with optional nuts

NOTES

414% of Vitamin A, 292% Vitamin C, 19% calcium, 16% iron, 975 mg potassium in 1 serving of this recipe, based on 3 servings.

NUTRITION INFORMATION

Serving size: ⅓ recipe Calories: 168 Fat: 9.7 g Saturated fat: 1.3 g Carbohydrates: 20.7 g Sugar: 3.3 g
Fiber: 7.3 g Protein: 5.7 g Cholesterol: 0 mg