



**Lemon Vinaigrette:**

**1/4 cup olive oil**  
**2 tablespoons apple cider vinegar**  
**2 tablespoons lemon juice**  
**1 teaspoon lemon zest**  
**3 tablespoons maple syrup**  
**salt and pepper to taste**

**Kale and Blueberry Salad:**

**6 cups chopped kale**  
**1 avocado peeled, seeded, and diced**  
**1 cup blueberries**  
**1/2 cup walnuts**  
**1/4 cup crumbled feta cheese**

Lemon Vinaigrette:

In a bowl whisk together olive oil, apple cider vinegar, lemon juice, lemon zest, maple syrup, salt, and pepper. Set aside.

Kale and Blueberry Salad:

To a large bowl add the kale. Pour one third of the lemon vinaigrette over the kale, and toss to coat.

Add avocado, blueberries, walnuts, and feta cheese.

Pour over the desired amount of additional vinaigrette . Toss to combine.

Serve