

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 Protein

Add a salmon fillet, grilled chicken breast, or lentils.

More Carbs

Add cooked quinoa.

Ingredients

210 grams Kale Leaves (chopped)

1 Cucumber (chopped)

4 stalks Celery (chopped)

296 grams Blueberries

2 Beet (peeled and spiralized)

56 grams Pumpkin Seeds

118 milliliters Extra Virgin Olive Oil

3 Lemon (medium, juiced)

5 grams Dijon Mustard

6 grams Sea Salt

725 milligrams Black Pepper