

KALE & AVOCADO SALAD

Serves 4

1 head kale, any variety, stems removed and shredded
1 big tomato, diced
1 red pepper, diced
1 cup avocado, chopped
3 tablespoons olive oil (extra virgin, first cold pressed, and organic)
2 tablespoons lemon juice
½ teaspoon cayenne
Pinch Celtic sea salt

In a big bowl, mix all ingredients together, using your hand to “massage” the kale and creaming the avocado. Serve immediately.