



# KALE & AVOCADO SALAD WITH FRENCH DRESSING

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GLUTEN FREE > DAIRY FREE > VEGAN >

## INGREDIENTS:

The Dressing (makes 200ml):

- 1 teaspoon dijon mustard
- 1 teaspoon of coconut nectar or raw honey
- 20ml apple cider vinegar
- 150ml cold pressed extra virgin olive oil
- pinch of pink himalayan salt
- pinch of black pepper

The Salad (makes two large portions):

- 1 small handful of curly green kale
- 1/4 cucumber
- 1 small carrot
- 1 red pepper
- 1 stick of celery
- 1 whole avocado
- 1 small handful of baby spinach

## METHOD:

Dressing:

Place all ingredients except the olive oil into your blender.

Turn blender on using the lowest speed.

Slowly add in the oil, turning up the speed on the blender as you do so, waiting for it to emulsify.

Salad:

Julienne and fine chop all of your ingredients into a mixing bowl.

Dice your avocado.

Add in about 50ml of your dressing and mix well.

Add a little bit of extra salt and serve.

Top with some mixed seeds for a garnish.