Rainbow Kale Salad

Ingredients:

Bulk of salad:	***Dressing:***
☐ 250 g/9 oz red cabbage, julienned	☐ 100 g crunchy almond butter
☐ 250 g/9 oz Kale, stemmed & julienned	☐ (or 100 g tahini)
☐ 100g/3.5 oz carrot, julienned	☐ 20 g fresh ginger- grated
☐ 1 small red pepper, julienned	☐ Juice and zest of 1-2 lemons
☐ 1 green zucchini, julienned	☐ 2 garlic clove- pureed
☐ 1-pint grape tomatoes- halved	☐ 2.5 ml/ ½ tsp coriander- ground
☐ ½ bunch green onions sliced (or 1 bunch chives, sliced)	☐ 1/8 tsp cayenne- or to taste
☐ ½ bunch Thai basil leaves, sliced or whole	☐ 90-120 ml coconut water (or water)
☐ ½ bunch cilantro leaves, sliced or whole	☐ 5 ml/ tsp maple syrup (or honey)
☐ 1 ripe avocado- diced or sliced (it's sliced in the above image)	☐ Himalayan salt or sea salt - to taste
☐ 100 g raw almonds- crushed	☐ Black pepper -to taste
☐ 30 g hemp seeds	

Method:

1. Cut the vegetables in the ***bulk salad*** section.
2. Place them in a large bowl.
3. Whisk all the ingredients in the ***dressing*** section in the small bowl.
4. Taste the dressing and adjust the taste as needed.
5. Pour your dressing over your dressing and toss your salad.

Fun facts: salt vegetables that have a high-water content (such a cabbage, zucchini, lettuce) before use. Give your kale a little massage to sweeten them up! It will reduce the bitter taste and boost flavour. Basil and Cilantro are great for removing heavy metals in the body.