



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Kale, Apple, & Quinoa Salad SERVES approx. 4

CATEGORY Side Dish PREP TIME 15 min COOK TIME _____

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

Salad :

4 cups chopped kale
2 cups cooked quinoa
1/4 cup chopped pecans
1/4 cup dried cranberries
100g goat cheese
1 medium apple, cubed

Honey Dijon Dressing :

2 tbsp extra virgin olive oil
2 tbsp greek plain yogurt
2 tsp dijon mustard
2 tsp apple cider vinegar (ACV)
3 tsp honey
to taste sea salt & pepper

DIRECTIONS

1. In a small bowl, use an immersion blender to combine oil, yogurt, mustard, ACV, honey, salt & pepper.
2. In a large bowl stir together kale, quinoa, pecans, cranberries, goat cheese, & apple.
3. Toss salad mix in the honey dijon dressing & serve.

MY NOTES
