

Creamy Avocado Kale Salad



Prep:

5 minutes

Total:

30 minutes

Makes:

10 full servings

Utensil:

Saladmaster Food Processor

small mixing bowl

medium mixing bowl

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Recipe:

Contributed By:

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

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Recipe Description:

Full of colour, texture and flavour – this is a highly nutritious salad, especially when it is topped with mung bean sprouts! PS... the longer it marinates the better it tastes!

Salad

1 head
red cabbage, processed, use Cone #3
2 carrots, julienned, use Cone #2
1 beet, julienned, use Cone #2
2 tablespoons
hemp seeds
(20 g)

Dressing

1 - 2
ripe avocados, mashed $\frac{1}{4}$
cup apple cider (60 mL) 2
vinegar $\frac{1}{4}$
tablespoons lemon juice (30 mL) cup olive or hemp oil (60 mL)
1
tablespoon garlic (9 g) 1
tablespoon honey (21 g) sea salt to

Directions:

taste

Directions:

1. In a medium mixing bowl, toss in all the raw vegetable ingredients (except the hemp seeds).
2. In a separate small mixing bowl, toss together the dressing ingredients.
3. Combine dressing with raw veggies and toss together until the cabbage and kale are well coated.
4. Allow salad to marinate in fridge for a few minutes – or up to an hour, mixing in the hemp seeds just before serving.

Nutritional Information per

▼ Serving

Salad

Calories: 77

Total Fat: 1g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 70mg

Total 15g

Carbs:

Dietary Fiber: 4g

Sugar: 6g

Protein: 4g

Analysis based on approximately 4 cups of chopped kale

Dressing (10 servings)

Calories: 115

Fat: 11g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 236mg

Carbohydrate: 5g

Fiber: 2g

Sugar: 2g

Protein: 1g

Analysis based on 2 avocados and 1 teaspoon of salt