

Level up your salad game using massaged kale!

Servings: 4-6 | Prep time: 10 min | Cook time: N/A

Ingredients

- 4 cups or 3 handfuls of organic raw kale
- 1-2 tsp olive or avocado oil
- Juice of ½ lemon
- 1 tsp sea salt



Directions

1. Wash kale thoroughly to remove dirt and de-stem kale leaves. Transfer to a large bowl. Add in the lemon juice and salt. Lightly pour oil onto your hands to coat.
2. Using a massaging action (similar to kneading bread dough), start to tear the leaves apart and massage. Continue massaging for about 2-5 minutes or until the kale turns a vibrant green and the leaves are soft.

Notes

- Can be used as a side dish, a salad base, or as a topping of your choice for a complete meal in a bowl.