



Kale Salad with Sunflower Seeds

Ingredients:

- 1 Bunch Kale, cut into bite size pieces
- 2 Tomatoes, sliced
- ½ cup dried cranberries
- ½ cup Fieldstone Organics Sunflower Seeds

Dressing:

- ½ cup lemon juice
- 2 tbsp olive oil
- 1 tsp honey
- ½ tsp sea salt
- ¼ tsp ground black pepper

Procedure:

Whisk lemon juice, oil, honey and seasoning in a large bowl. Add kale, tomato, sunflower seeds and cranberries. Toss to combine.

