



Massaged Kale Salad

Active Time: 5 minutes | Total Time: 5 minutes | Serves: 4

Nutrition Information Per Serving

123 calories, 7.84 g carbohydrate, 2.26 g fiber, 5.58 g NET carbs, 1.96 g protein, 10.93 g fat

Ingredients

- 1 bunch(es) organic kale
- 3 Tbsp(s) extra virgin olive oil
- 1/2 tsp(s) sea salt
- 1 whole lemon, juiced

Preparation

1. In large serving bowl, add the kale, lemon juice, oil and sea salt.
2. Massage until the kale starts to soften and wilt, 2 to 3 minutes.
3. Serve.

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