

## Kale Salad



### Ingredients:

- 1 bunch Kale (stems removed, chopped)
- 1 cup Chickpeas, roasted
- 1 Carrot, grated
- 1 Medium beet, grated
- 2 Radishes, sliced
- 1 Avocado, cubed
- 2 tablespoons dried cranberries (unsweetened)
- ¼ cup toasted pumpkin seeds

### Dressing:

- 1 cup Pepitas (pumpkin seeds)
- 1 garlic clove(s)
- 1/4 cup fresh mint/cilantro leaves
- 1-2 Tablespoon(s) olive oil (opt.)

2 -3 teaspoons lemon juice

1 drop cilantro vitality essential oil (opt.)

1 drop lemon vitality essential oil (opt.)

a few dashes of pepper

up to 1 cup water

**Directions:**

Add all ingredients to blender except the water. Start blending and add water a little at a time until desired consistency is achieved.