Featured Recipe

Bonanza Salad

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Bonanza Salad

Serves 4

Fixings

- ★ 1 bunch kale
- ★ 1 celery stalk, thinly sliced
- ★ 1 avocado, diced
- ★ 1 ½ c. shredded beets
- ★ 1 c. broccoli sprouts (optional)
- ★ 2 garlic cloves, minced or crushed
- ★ 3 tsp. fresh lemon juice
- ★ 2 tbsp. extra-virgin olive oil
- ★ 1 tsp. Celtic sea salt or Himalayan rock salt
- ★ 1 c. raw walnuts, coarsely chopped
- ★ ½ c. crumbled goat cheese (optional)

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Prep

1. Remove stems and chop kale leaves. Place them in a large bowl, add salt, and gently rub salt into the kale leaves.
2. Mix celery, avocado, beets, optional sprouts, garlic, lemon juice, olive oil in a separate bowl and then add to kale, mixing well.
3. Top with walnuts and optional goat cheese and serve it on up!