

## Kale-Apple-Carrot Slaw

**Prep Time:** 20 minutes

**Cook Time:** 0 minutes

**Total Time:** 20 minutes

**Servings:** 4

**Serving Size:** ¼ of recipe

### Ingredients:

1 large bunch kale  
2 medium carrots  
1 medium apple (both sweet or tart apples go well here)  
½ cup raw sunflower seeds

### Apple-Cider Vinaigrette:

¼ cup olive oil  
2 tablespoons apple cider vinegar  
½ teaspoon sea salt  
1 ½ teaspoons Dijon mustard  
1 tablespoon pure maple syrup

### Directions:

1. Remove stems from kale, and then finely chop into thin pieces; it should look like shredded lettuce when you are done. Place thinly chopped kale into a large bowl.
2. Combine the dressing ingredients in a separate, smaller bowl and whisk together until well combined. Then pour ½ the dressing (about ¼ cup) onto the chopped kale and use your hands to “massage” the dressing into the kale leaves until well coated and softened a bit.
3. While your kale marinates, grate or shred your carrots, then add them to the kale and mix well to coat in dressing. Then core the apple and slice it into matchstick size pieces.
4. Add the apple and sunflower seeds and toss until well combined.
5. Taste and add more dressing as desired.
6. Enjoy!

### Tips and Tricks:

Add some sliced avocado and increase the portion size and this side dish can turn into a lovely lunch or lightweight dinner.

### Nutritional Information Per Serving:

**Calories:** 278.2  
**Fat:** 19.0 g  
**Cholesterol:** 0.0 mg  
**Sodium:** 402.3 mg  
**Total Carbohydrate:** 24.7 g  
**Dietary Fiber:** 7.4 g  
**Sugars:** 9.8 g  
**Protein:** 7.2 g