Blueberry Kale Salad

Servings
6 servings

Ingredients
• 1 bunch kale (chopped)
• 3-4 carrots (julienned)
• 1 cup Craisins
• ¼ cup apple cider vinegar
• 2 tablespoons olive oil
• ½ tablespoon sugar
• salt and pepper to taste
• 1 small red onion (thinly sliced)
• 1 cup fresh blueberries

Directions
1. In a small bowl, stir together the vinegar, olive oil, sugar, salt, and pepper.
2. In a large bowl, combine kale, carrots, and Craisins.
3. Add dressing and toss salad until leaves are evenly coated.
4. Refrigerate 3 hours
5. Toss in blueberries and red onions and serve

Nutrient content per serving
• Calories- 162cals
• Carbs- 29g
• Protein- 2g
• Fat- 5g
• Sodium- 51mg
• Fiber- 4g

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