

Strawberry Kale Salad

1. Toast the sunflower seeds in coconut oil over medium heat (about 10 min.). Set aside.
2. Finely slice/ shred kale. Place in a large serving bowl.
3. Juice the lemons into a bowl. Add sliced strawberries to the lemon juice. Stir them around until coated and then remove from the juice. Add the strawberries to the kale.
4. Add ACV, honey, olive oil, salt and pepper to the lemon juice. Stir well.
5. Toss the sunflower seeds and coconut shreds into kale and strawberry mixture. Dress with the vinaigrette and enjoy!