



# Recipes

## Salads

### Kale and Apple Salad

*Prep Time: 15 minutes*

*Yield: 4 servings*

#### **Ingredients:**

2 bunches fresh green kale, chopped  
2 orchard apples  
1/4 cup red onion, chopped  
1/8 cup fennel bulb, chopped  
1/2 cup roasted walnuts  
1/4 cup hemp seed  
1/4 cup dried cranberries  
Sea salt and pepper to taste

#### **Directions:**

1. Combine all ingredients in a large salad bowl and toss.
2. Add sea salt and pepper to taste.