

Kale and Apple Salad

From – *SamsClub.com*

2 Tbsp plain Greek-style yogurt
1 tsp light coconut milk
1 Tbsp apple cider vinegar
1 Tbsp honey
1/3 tsp fresh orange zest
1 Tbsp extra-virgin olive oil

1 bunch kale – sliced into ribbons
1 apple – diced
1/4 cup fresh pomegranate seeds
1/4 cup chopped, roasted hazelnuts

- In a small bowl, combine, yogurt, coconut milk, apple cider vinegar, honey and orange zest.
- Slowly whisk olive oil into mixture, until thoroughly combined.
- Place kale in large bowl and add dressing.
- Carefully massage dressing into kale using your fingers for 1 minute.
- Add remaining ingredients and lightly toss.



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