

Sweet and Tangy Salad – serves ~4



Ingredients:

- 3-4 Cooked sweet potatoes, chopped into bite-size chunks
- 1 tbsp. Olive oil
- To taste Salt
- To taste Ground pepper
- 5 cups Kale, chopped off the stem
- ½ Large red onion, chopped
- ⅓ cup Dried fruit (I used cranberries)
- 1 Avocado, chopped in chunks
- 2 tbsp. Apple cider vinegar
- 2 tbsp. Lemon juice
- 2 tbsp. Hemp seeds (optional)

Directions:

1. Combine the cooked sweet potatoes, kale, onion, dried fruit and avocado to a large bowl.
2. Mix together the apple cider vinegar and the lemon juice in a separate little dish.
3. Pour the dressing on top of your salad and garnish with hemp seeds.
4. Enjoy 😊