



60 Days to Reclaim YOUR Health

SWEET ANNIE KALE SALAD

From *How We All Went Raw* Recipe Book

Ingredients

2 heads kale, remove stems and tear kale into pieces
1/4 cup extra-virgin, cold-pressed, olive oil
1/4 cup raw unheated honey
1 garlic clove, minced
1/2 cup raisins
2 Tbsp pine nuts

Directions

1. Combine in salad bowl
2. With clean hands massage ingredients for 5 minutes to soften the kale and blend flavors together.

Place onto salad plates and enjoy.

This is a great, flavorful alternative to a typical salad – a tasty way to end week 2 of your 60 Day Challenge!