

Raw Root Slaw with Kale

This takes only a few minutes to make and is so nourishing! Make sure you remove spines and stems of the kale.

- 1 large carrot, peeled
- 1 large beet, peeled
- 2 -3 lacinato kale leaves with spine/stem removed
- 1 curly kale leaves, spine/stem removed
- 1 avocado sliced into cubes

Shred root vegetables into a medium/fine shred. Cut kale leaves into small slivers so they can be eaten easily. Combine root vegetables and kale in a salad bowl and top with avocado cubes. Garnish with raisins, dried cranberry, pine nuts and chopped cilantro. Serve with Lime Cilantro Vinaigrette.

