



EAT MORE BURN MORE

DELICIOUS KALE SLAW



Active time: 30 minutes

Cook time: N/A

Yield: 4 servings

INGREDIENTS:

1 tbsp extra-virgin olive oil
1 tbsp Dijon mustard
1 tsp apple-cider vinegar
2 cups kale, washed and thinly sliced
1 cup white cabbage, quartered, and sliced thinly
1 carrot, peeled and julienned (grated)
2 tbsps diced red onion
1 tbsp sunflower seeds
Salt and pepper to taste

PREPARATION:

1. In a mixing bowl, combine kale, cabbage, carrots, and red onion with sunflower seeds.
2. Make a dressing by whisking olive oil, mustard, and apple-cider vinegar. Season with salt and pepper.
3. Drizzle the kale slaw with the dressing, and toss to coat.