RAINFOREST KALE SALAD

INGREDIENTS

- 2 Tbsp apple cider vinegar
- 1 head garlic (4 – 8 cloves), roughly chopped
- 1 cup virgin olive oil
- ½ cup nutritional yeast
- 2 Tbsp soy sauce (coconut aminos for those who avoid soy)
- Juice from ½ lemon
- Salt and pepper to taste
- 1 bunch organic kale, chopped
- 2 cups grated orange and yellow carrots
- 2 cups shredded red cabbage for the purple color
- 1 cup grated beets OR thinly sliced radishes for the red color

METHOD

Blend vinegar and garlic. Slowly drizzle in oil, then nutritional yeast and soy sauce. Add lemon juice and salt and pepper.

Pour dressing over kale and mix or massage in. Mix in other veggies.