

Spicy Curry Kale Salad



Ingredients:

- 1 bunch kale
- 1/2 cup oil (hemp oil, flax oil, or another healthy oil option)
- 2 tbsp miso (any flavour you like)
- 2 tbsp Bragg's Liquid Aminos (or tamari)
- 3 tsp lemon juice
- 2 tsp curry powder
- 1 tsp cayenne pepper
- 4 cloves garlic, chopped or minced
- 2 tsp fresh (or minced) ginger

- 1) Wash the kale thoroughly. Remove the thick stems. Chop very finely.
- 2) Put all of the other ingredients in a blender and blend.
- 3) Pour over the kale and toss. You can also sprinkle hemp seeds on top as I have in the picture. Enjoy

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