



## Kale Avocado Salad

**Active Time:** 5 minutes | **Total Time:** 5 minutes | **Serves:** 4

### Nutrition Information Per Serving

108.1 calories, 10.26 g carbohydrate, 4.4 g fiber, 5.86 g NET carbs, 2.68 g protein, 7.71 g fat

#### Ingredients

- 1/8 tsp(s) sea salt
- 1/4 whole organic lemon, juiced
- 1/4 medium organic avocado, diced
- 1/4 bunch(es) organic kale

#### Preparation

1. Tear kale into bite-sized pieces.
2. Drizzle with lemon juice and sprinkle with sea salt.  
Massage gently to soften kale.
3. Top with avocado.
4. Serve.

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