Sweet and Tangy Kale Apple Salad

This bright, flavorful salad pairs sweet apples with kale's earthiness, accented by a zesty balsamic-orange dressing. Rich in vitamin C, vitamin K, and phytonutrients, it's as nourishing as it is refreshing.

Ingredients:



- 4 cups thinly sliced kale
- 1 apple, thinly sliced
- 1/4 cup dried cranberries or raisins
- 2 tablespoons sunflower seeds or pumpkin seeds
- 3 tablespoons balsamic vinegar
- 1 tablespoon tahini
- 2 teaspoons Dijon mustard
- 2 tablespoons orange juice (fresh-squeezed is best)
- 1 teaspoon maple syrup
- Pinch of salt

Instructions:

1. Whisk together balsamic vinegar, tahini, mustard, orange juice, maple syrup, and salt.
2. Massage kale briefly, then toss with apples, dried fruit, seeds, and dressing.
3. Let sit 10–15 minutes before serving.