

# Raw Kale Salad Recipes

## So easy!

The more I read, watch videos, and listen to testimonials, the more I believe in the power of raw foods. I'm still not convinced that a 100% raw diet is best, but there is no doubt in my mind that an 80-90% raw diet will result in better, if not optimal, health. To that end, I have been experimenting with raw kale salads for the past two weeks.

The first step in making a kale salad is the oil massage. Chop up a bunch of kale, put it in a bowl, and drizzle it with oil. Then dig in with both hands and massage the oil into the kale until the leaves soften. This is actually fun. Messy, yes, but fun.

Each of the following combinations begins with the oil massage, so add other ingredients as the second step.

Salad 1. Add raw beets cut with a spiral slicer. Drizzle with balsamic vinegar.

Salad 2. Add raw beets cut with a spiral slicer. Juice two limes and stir in 2 tablespoons of honey. Drizzle over the kale and mix well.

Salad 3. Add pine nuts and a little bit of crushed garlic and a touch of balsamic vinegar (see image).

Salad 4. Add carrots strips (I used a potato peeler for this), a handful of raisins, and a handful of walnuts. Add balsamic vinegar and a squirt of honey. Mix well.

Salad 5. Add 2 finely chopped apples, a handful of raisins, and a handful of walnuts. Add balsamic vinegar and a squirt of honey. Mix well.

Salad 6. Same as salad 4 but substitute rice vinegar.

Salad 7. Add 2 finely chopped apples, two oranges cut into small pieces, a handful of walnuts, a handful of raisins, balsamic vinegar and a squirt of honey. Taste. Add more honey!

Warning: The night I made salad number 7, I went back for seconds. I was too late.

Try your own variations, and let us know what you come up with!