



### **Crunchy Kale Salad**

Serves 3-4

1 large bunch dinosaur (lacinato) kale

2 TBS extra virgin olive oil

2 TBS brown rice vinegar

2 TBS Braggs Amino Acids

1 clove crushed garlic (optional)

1/3 cup toasted sunflower seeds

Wash the kale and chop it finely. The stems are edible but may be removed if desired. Pour olive oil, vinegar, amino acids, and garlic clove over the kale and mix thoroughly. Cover and place in the refrigerator between 2 hours and over night. When you ready to eat, sprinkle sunflower seeds over the salad. Enjoy!

From Jamie Greenwood: [www.jamieliving.com](http://www.jamieliving.com)