



# Ashley's Meal Prep Monday!



## Kale Crunch Salad

### INGREDIENTS

4 cups kale, shredded  
2 cups savoy cabbage, shredded  
1 apple, finely diced  
2 carrots, grated  
2 stalks celery, sliced  
1/3 cup almonds, chopped  
1/4 cup dried unsweetened cranberries

#### Dressing:

1/4 cup tahini  
1/2 cup apple cider vinegar  
1 TBSP maple syrup  
1 TBSP dejon mustard  
salt/pepper



Shred kale and cabbage, slice celery, chop almonds, dice apples, grate carrots and add everything to large bowl, along with the cranberries.

In a small bowl, whisk together tahini, mustard, syrup, apple cider vinegar, and salt/pepper until smooth and creamy.

Drizzle dressing on top and toss everything using a pair of tongs. Taste and adjust with more dressing if desired. Let sit in the fridge for about 10 minutes or so and then enjoy!

\*I omitted the stalks celery, cranberries and almonds, but added 1/3 cup pumpkin and sunflower seeds.\*

Recipe: [goodnessavenue.com](http://goodnessavenue.com)

CARTWRIGHT'S  
MARKET