

Kale & Fennel Chopped Salad

INGREDIENTS

- 2 heads lacinato kale (aka dinosaur kale), finely chopped
- 1 large fennel bulb, finely chopped
- 1-2 Fuji apples, thinly sliced
- 1/4C dried cranberries
- 1/2C sunflower seeds
- Goats milk feta cheese
- 2-4TBS avocado oil
- 1TSP sea salt

1. Combine all ingredients into bowl, add avocado oil and sea salt and mix well.