

Raw Kale Salad - Fiesta Ensalada

(This is an amazing kale salad from Trinity Yoga Raw Cooking Classes)

2 heads kale (wilts down when salt is added)

2 teaspoons salt

1 cup baby tomatoes, sliced

1/2 cup hulled hemp seeds

2 avocados

1/2 cup olive oil

1 teaspoon agave

1/4 cup lemon juice

1/2 teaspoon each of onion powder, cumin, chili powder, garlic powder and tamari/nama shoyu

Remove the stems and then wash and cut the kale into small pieces. Place into a bowl, add salt and start to massage the kale until it wilts and takes on a 'cooked' texture.

Add the tomatoes and hemp seeds to the bowl and mix in by hand. Blend all remaining ingredients in a high-speed blender until creamy and mix into kale by hand.