Crunchy Kale Salad

Toss together a crunchy and satisfying kale salad this spring.

You will need:
Crunchy Kale Salad - Serves 6
1 Bunch of Kale Leaves (about 8 – 12)
1 Head of Broccoli
1 cup of shredded carrots
1/4 lb of sugar snap peas or snow peas
Fresh Cilantro

For the Dressing:
Olive Oil
Apple Cider Vinegar
Salt and Pepper

1) Wash all the vegetables.
2) Chop up the kale into thin slices, especially when using bigger leaves which are sometimes tougher. Eat the stems and middles.
3) Chop up the broccoli head into tiny florets and discard the stalk.
4) Cut sugar or snow peas into bite size pieces.
5) Place all chopped up ingredients to a large mixing bowl
6) Add shredded carrots and a small amount of fresh cilantro.
7) Add 2 tablespoons of olive oil and 1 tablespoon of apple cider vinegar, salt and pepper to taste and mix all ingredients together.
8) Serve immediately!