

# Kale Salad!

## Ingredients

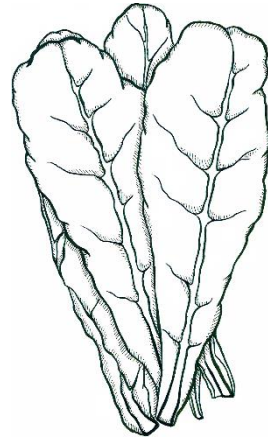
4-6 Kale leaves

1 Lemon

1 Avocado

Salt

Pepper



## Directions

1. Cut the **kale** into bite sized pieces using scissors or a knife and put the **kale pieces** into a bowl.
2. Cut the **lemon** in half and juice the **lemon**. Add the **lemon** juice to the bowl
3. Cut the **avocado** in half and scoop out pieces of the flesh. Add the **avocado** to the bowl.
4. Salt and pepper the salad to taste
5. Mix everything together by rubbing and squishing the **kale**. The **kale** will start turning a darker color when it is mixed well.
6. Enjoy!