

# MAPLESHORES HEALTH CENTRE

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## **Superfood Crunch Salad with Homemade Balsamic Apple Vinaigrette**

Vegan, gluten-free, grain-free, no bake/raw, nut-free, refined sugar-free, soy-free

### **Dressing Ingredients:**

2 tablespoons extra virgin olive oil  
1 tablespoon apple cider vinegar  
1 tablespoon balsamic vinegar  
1 teaspoon pure maple syrup, or to taste  
1 teaspoon Dijon mustard  
1 garlic clove, minced  
1/4 teaspoon fine grain sea salt  
Freshly ground black pepper, to taste

### **Salad Ingredients:**

8-10 cups (approx. 2 bunches) stemmed and shredded kale  
1 pear thinly sliced and chopped  
1/2 cup pomegranate arils  
1/4 cup pepita seeds  
3-4 tbsp large flake coconut  
1-2 tbsp hemp hearts  
1-2 teaspoons black sesame seeds (optional)  
Sprinkle of cinnamon

### **Directions:**

1. In a medium bowl, whisk together the dressing ingredients. Adjust to taste if desired.
2. Remove all of the stems from the kale & finely chop the kale leaves into shredded pieces. Wash and spin dry. Place kale into a large salad bowl.
3. Toss the kale in all of the dressing until everything is coated nicely.
4. Let the dressing marinate the kale for a half hour and add the toppings, sprinkle with cinnamon, and serve immediately.