

## Shredded kale and carrot salad with lemon-poppy seed dressing

Serves 6

### Ingredients

#### Salad

- 10 oz. shredded kale (I used a store-bought shredded kale and cabbage mix)
- 8 oz. shredded carrots
- 1 pint cherry or grape tomatoes, sliced
- 1 green apple, cut into small pieces
- 1/3 cup roasted salted peanuts
- ½ cup dried cranberries, cherries, or raisins

#### Dressing

- 1/3 cup vegan mayo
- 2-3 tbsp. lemon juice
- 1 tbsp. poppy seeds
- 1 tsp. Dijon mustard
- 1 tsp. agave nectar or pure maple syrup
- Salt and pepper to taste



### Directions

- 1) Toss together all ingredients for the salad in a large bowl (preferably with a lid).
- 2) Whisk together dressing and pour over salad.
- 3) Stir, cover, and let marinate in the fridge for half an hour before serving.