Kale & Avocado Protein Crunch Salad

A crunchy kale salad with creamy avocado and protein-packed hemp seeds, perfect for a low-carb, high-protein meal.

Servings: 2 **Time:** 15 minutes

Ingredients

- 4 cups chopped kale, ribs removed
- 1 ripe avocado, diced
- 3 tablespoons hemp seeds
- 1/4 cup thinly sliced red onion
- 1/2 cup cherry tomatoes, halved
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 garlic clove, minced
- Salt and pepper to taste

Instructions

1. Place chopped kale in a large bowl and drizzle with 1 tablespoon olive oil, pinch of salt, and a little lemon juice; massage kale gently for 2-3 minutes until leaves soften.
2. In a small bowl, whisk together remaining olive oil, lemon juice, Dijon mustard, minced garlic, salt, and pepper to make the dressing.
3. Add diced avocado, red onion, and cherry tomatoes to the massaged kale.
4. Pour the dressing over the salad and toss gently to coat all ingredients evenly.
5. Sprinkle hemp seeds on top for a crunchy protein boost just before serving.

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