

# •• B L T S A L A D :••



A plant-based twist on a classic sandwich, this salad is chock full of iron thanks to the addition of kale, raw pumpkin seeds and raisins. Coconut bacon mimics of the smoky saltiness of the real deal and a rich garlic herb dressing replaces mayo for a healthier, yet satisfying, finish.

**Prep Time:** 10-15 minutes **Serves:** 4 people

## Ingredients

### For the Salad:

Organic kale,\* finely chopped  
Organic cherry tomatoes,\* halved  
Cucumber, sliced  
Raw pumpkin seeds  
Raisins

Coconut bacon (recipe separate)

Garlic herb dressing

*Optional toppings:*

Dried cranberries\*

### For the Garlic Herb Dressing:

¼ c. lemon juice  
¼ c. tahini  
¼ c. unsweetened vanilla almond milk  
1 garlic clove

¼ c. fresh parsley

½ tsp. dried dill

¼ tsp. salt

dashes freshly ground pepper

\*see Recipe Notes

## Instructions

1. Make coconut bacon and cool.
2. Combine all salad ingredients, except for the dressing.
3. In a small food processor or a blender, combine salad dressing ingredients and blend until smooth.
4. Spoon over individual salad servings.
5. Store remaining dressing in refrigerator.

## Recipe Notes

Organic kale and tomatoes are best to avoid high pesticide concentrations.

Approximately one hand full of chopped kale equals one salad serving.

I recommend trying apple juice sweetened cranberries. Natural food stores may carry them or you can find them online.

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