

Kelp Noodle Salad with Almond Miso Dressing



Who doesn't love a good, light, flavourful salad? This salad will have your taste buds jumping and non-salad eaters coming back for seconds.

And more often than not, you'll find this dressing in my fridge for anytime I'm in the mood for a good salad.

Ingredients:

- 1 package of kelp noodles
- 4-6 stems of kale (or a small pre-packaged bag of a kale salad mix)
- 1 tablespoon extra virgin olive oil

Dressing:

- 1/4 cup water
- 3 tbsp raw almond butter (fresh is always best)
- 1 tbsp sesame oil
- 2 tsp miso paste
- 1 clove garlic (minced)
- 1 tsp dried onion flakes
- 1 tsp lime juice
- 1/2 tsp ground ginger
- 1 drop liquid stevia (or 1 tsp of raw honey)
- Pinch of red pepper flakes

Directions:

Open and strain the package of kelp noodles. Use scissors to cut the noodles into more manageable sizes. Then put the noodles into your mixing bowl.

Wash kale and remove the stems. Chop into small pieces and add to the mixing bowl.

Drizzle kale and kelp noodles with olive oil and massage in.

Add all dressing ingredients to blender and blend until smooth.

Top salad with prepared dressing and mix until dressing is worked in (sometimes I even use my hands).

Allow to sit for at 30 minutes to allow the dressing to soften the kelp noodles.

Transfer to serving bowl (or your plate) and enjoy!

This recipe even stays crunchy and flavourful the next day for leftovers.