

## Kale Salad with Dr. D's Favorite Dressing Recipe



I can't believe this is my first time sharing this salad dressing recipe with you – outside of the 7-Day Alkaline Cleanse (which we JUST completed!), that is – because it is my absolute favorite. You're going to love it too.

In fact, you'd be smart to double it so you can use it for other salads or as a fabulous dipping sauce for veggie sticks. I'll often do that if I need an afternoon snack.

The great thing about this salad is that the kale can hold up to the dressing without wilting. So you can make it in advance and have it ready to eat after a busy day or taken to work for lunch.

Give it a try because I can't wait to hear if you like this recipe as much as I do over on [Facebook](#).

### MARINATED KALE SALAD WITH DR. D'S FAVORITE DRESSING

Ingredients [Serves 2]

½ cup extra virgin olive oil  
2 tbsp. lime juice  
2 tbsp. Bragg's Liquid Aminos  
2 tbsp. red onion, minced  
1 clove garlic  
1/2 tsp. chipotle powder  
1 ½ pitted dates  
¼ tsp. sea salt (Celtic grey, Himalayan, or Redmond Real Salt)  
Pinch cayenne pepper

Salad Ingredients

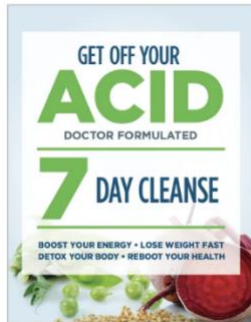
1 bunch kale (or romaine lettuce)  
1 avocado, sliced  
1 yellow or red bell pepper  
1 tomato, sliced



### Directions

Mix dressing ingredients in a mini blender or food processor until completely smooth, set aside.

Slice red or yellow peppers, and add to kale. Add dressing and thoroughly mix to soften up the kale. Plate, then add sliced avocado and tomatoes, and additional sea salt to taste.



Get this never before shared recipe and so many more in the [7-Day Alkaline Cleanse](#). It's so powerful, it leads to hundreds of experiences like this...

***“This is my 2nd time doing the cleanse because the first time was so amazing! I really need to focus on keeping my inflammation down for my arthritis and also staying off of acidic foods due to my reflux/GERD issues. It honestly has become life changing because I don't have to take PPI's for my acid reflux***

***any more and very little maintenance.***

*As long as I follow the recipes and remind myself of the consequences of eating an acidic diet. And also I didn't get involved with this to lose weight, It naturally happened. Dr. Daryl is so supportive and passionate about helping people. He puts an incredible amount of time into this group and also as individuals. I cannot praise him enough. I love the cleanse.. it resets, **gives me tons of energy and makes me feel like my life is full again.** The recipes in this lifestyle are easy, DELICIOUS, and sustainable life long!” – Darlene G.*