

## **Melt in Your Mouth Kale Salad**

1 bunch kale, stems removed & chipped into very small pieces  
1/3 cup currants  
Juice of one lemon  
1 tablespoon olive oil  
1 teaspoon local honey  
1/2 cup pine nuts, toasted  
salt and pepper to taste  
4 tablespoons grated raw parmesan cheese (optional)

Whisk together lemon juice, olive oil, honey, salt and pepper in a large bowl. Add chopped kale, currants, pine nuts and parmesan cheese to bowl with dressing. Stir all ingredients together. Serves 2. Recipe by Food Babe.