

Quinoa Apple Kale Salad

Ingredients:

- 1 cup cooked quinoa
- 1 cup chopped kale
- 1/2 apple, thinly sliced
- 1 tbsp pumpkin seeds
- 2 tbsp balsamic vinaigrette

Instructions:

1. Massage kale with vinaigrette.
2. Mix with quinoa, apple, and seeds.

Benefits:

Supports digestion, immunity, and anti-aging.