



## **BC Harvest Salad**

**Prep Time:** 10 minutes

**Cook Time:** none

**Servings:** 8

### **Ingredients:**

- 1 small bunch of Kale
- 2 Honeycrisp Apples
- 2 Firm Ripe Pears
- ½ cup Pumpkin Seeds
- ½ cup Dried Cranberries
- ¼ cup Davison Apple Juice
- 2 tbsp olive oil
- 2 tbsp white vinegar
- ¼ tsp salt
- ¼ tsp sugar

**Instructions:**

1. Add Apple Juice, Olive Oil, White Vinegar, Salt and Sugar to a small container with a tight fitting lid and shake well. Set aside.
2. Wash and chop Kale into bite sized pieces and add to a large serving bowl.
3. Top with sliced apples, sliced pears, pumpkin seeds and cranberries.
4. Drizzle with Salad dressing (start with half only) and toss gently.
5. Enjoy!