



# MASON JAR SALADS

## STEPS TO LAYER ON THE FLAVOR

1. Dressing
2. Bean/Legumes/Grains/or chicken
3. Hard veggies/fruits
4. Soft veggies/fruits
5. Nuts/seeds
6. Greens
7. Herbs/spices



## FOR THE DRESSING

- Juice from 1 lime
- Pink Himalayan salt 1/4 tsp
- Chili powder 1/4 tsp (optional)
- Garlic powder 1/8 tsp
- Cumin 1/8 tsp
- Olive oil 2 tsp
- Apple cider vinegar 1 tsp

## FOR THE SALAD

- 1/2 cucumber 1 apple (chopped)
- 1/2 cup grape tomatoes cut in half, or 1 large tomato cut in squares.
- 1 tsp sesame seeds (optional)
- 1/2 red onion (cut in small squares)
- 1 cup kale chopped without stems.
- Fresh cilantro 1/2 cup