
FAT-BURNING SALADS

Raw Powerhouse Salad



This is the dream team of powerhouse foods in one supercharged meal. If we are talking the nutritional hall of fame then you just can't beat superfoods like kale, cabbage, sunflower seeds, cherries, etc. And as a bonus, this baby will give you MULTIPLE meals out of it.

Summer Salad Series

Key Fat Burners:

Kale:: Loaded with 10g of fiber per serving, which will give you that feeling of fullness longer and it's absolutely loaded with vitamin K and helps regulate blood sugar levers.

Ingredients For The Dressing:

- 3/4 cup of EVOO
- 1/4 cup White Balsamic Vinegar or apple cider vinegar.
- 1 TBSP Maple Syrup
- 1/3 tsp Garlic Powder
- 1/3 tsp Salt

For The Salad:

- 4 cups finely chopped kale
- 1 1/2 cups finely chopped purple cabbage
- 3/4 cup dried berries and/or tart cherries
- 1/2 cup shelled frozen edamame
- 1/2 cup shelled raw sunflower seeds
- 1/2 cup of sprouts
- 2 chopped apples
- Salt and Black Pepper



This recipe is part of our full Fat Burning Salad Summer Series. Check out the rest on FastFitTV

Directions

“This is the dream team of powerhouse foods in one supercharged meal.”

1. Make the dressing by combining oil, vinegar, garlic powder, and salt in a lidded jar, and shake well to combine. Set aside until ready to use.

2. Assemble Your Fat Burning Salad:

Combine all the remaining ingredients, and pour 1/2 cup dressing (vary by taste preference) over ingredients. Toss well, then season with salt and pepper.