



FITTER FORT COLLINS YOUR HEALTH MATTERS



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Kelp Noodle Slaw with Peanut Butter Dressing (Vegan / Gluten Free)

Serves 6

1 pkg. kelp noodles

1 bag prepared slaw

2 cups chopped kale

1/2 medium red pepper, chopped

1 small, sweet onion, chopped

1/2 cup chopped flat leaf parsley

1/3 cup pumpkin seeds

Dressing:

1 tbsp. olive oil

3 tbsp. fresh lemon juice

1 - 2 tbsp. honey (agave or maple syrup)

1/3 cup peanut butter

1/2 cup water

Sea salt

Rinse kelp noodles well and soak in water with 1 tbsp. lime juice for about 15 minutes. Meanwhile, in a large bowl combine slaw, kale, onion, red pepper, parsley, and pumpkin seeds.

Whisk together dressing except for the water. Add water to thin to desired consistency. Pour dressing over salad and toss.

