

Hello and happy Thursday!

So we are down for the count; the Christmas season is in full swing and with that come countless blessings but also a fair amount of stress. There are Christmas cards to write, gifts to ship to far away relatives, Christmas concerts and dance performances and of course the cooking, baking and decorating.

In the midst of a time crunch it's easy to skimp on important things like meals and we tend to grab easy on-the-go snacks just to get by. The high intensity combined with lack of nutrients can quickly lead to a downward spiral and we end up feeling overwhelmed and sick.

Here's a recipe for Kale salad that you can prepare in a big batch and store in the fridge for a quick, highly nutritious meal that's easy to grab. It's full of calcium, healthy fats and an array of other phyto nutrients to keep your body strong and resilient. You can add any kind of protein on top for a full meal.

### Green (Christmas) kale salad

1-2 bunches green kale, chopped

Shredded carrots

Dried cranberries

(chopped nuts is optional)

Dressing:

½ cup olive oil

2 tsp Dijon mustard

Juice of 1 lemon

Small shallot, minced

Splash of honey or agave nectar

Blend in a magic bullet, small blender or in a bowl with a whisk and pour over chopped kale. Add cranberries and shredded carrots. Mixed thoroughly and store in airtight container in the fridge up to 3 days.

Enjoy and cheers, The Wellness committee