

**RYVITA**[®]

Kale Salad with Cranberries, Blue Cheese & Ryvita Croutons

Preparation time: 10 minutes

Recipe by: Ryvita



INGREDIENTS

Serves 2

4 handfuls shredded kale (70g)

1 tbsp. olive oil

Juice ½ lemon

2 tbsp. dried cranberries, roughly chopped (1/3 cup / 40g)

100g blue cheese, roughly chopped e.g. Danish Blue

2 Ryvita Original Rye Crispbread, broken into small pieces

METHOD

1. Coat the kale in the oil and lemon juice with some seasoning and massage well with your hands.
2. Set aside for 10 minutes then massage again and mix together with the cranberries, blue cheese and rye crispbread pieces.

Check out more recipes at <https://www.ryvita.com.au/recipes>