

ONE BITE

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Vegan Magazine

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TAKING CONTROL
OF YOUR HEALTH
with a Plant Based Diet

Healthy lunch box
AND SNACK
IDEAS FOR KIDS

WITH A COPY of VEGAN COMFORT COOKING + RECIPES

SEASONAL
» Fall Recipes «

MUST EATS IN MALTA - THE VEGAN TREATS YOU DON'T WANT TO MISS

FEELING SPOOKY!
VEGAN HALLOWEEN
RECIPES



MASSAGED KALE SALAD

with Pumpkin Tahini Dressing

By Sarah Hayes

All the tastes of fall from apples to pumpkin are in the kale salad bowl!

INGREDIENTS:

- 1 large bunch of curly kale
- ½ cup of cooked quinoa
- 2 roasted beets, chopped
- 1 honeycrisp apple, chopped
- avo slices
- handful of toasted pecans
- Pumpkin Tahini Dressing
- ¼ cup pumpkin
- 2 Tbsp. Tahini
- 1 Tbsp EVOO
- ¼ cup water
- 1 clove minced garlic
- 1 tsp salt
- 1 tsp maple syrup

INSTRUCTIONS

1. Make dressing by combining pumpkin, tahini, water, EVOO, garlic, salt and maple syrup in blender and blend until smooth.
2. Wash and de-stem kale. Place in a bowl and use kitchen shears to chop into small pieces. Sprinkle with salt and using your hands, massage salt into the kale.
3. Drizzle dressing over kale and once again use hands to massage dressing well into kale.
4. Sprinkle salad with quinoa, chopped beet, apple, avo slices and pecans.



Sarah Hayes —

Sarah is a health and fitness enthusiast at badtothebowl.com. Her aim is to encourage her family to eat clean and local, trying new, healthy foods; and, hopefully, inspiring other families to do the same.

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