

## **Kale and Bok Choy Salad**

*Adapted from Living on Live Food: Alissa Cohen*

1 head kale (any variety is great) shredded  
1 head of bok choy  
1 cup diced tomato  
1 cup chopped avocado  
1 1/2 tablespoons olive oil  
1 teaspoon sea salt  
1/2 teaspoon cayenne

1. Combine all ingredients in a mixing bowl
2. Gently squeeze and massage to tenderize the kale and cream the avocado
3. Serve immediately