**Summer Kale Salad**  Serves 4

**Ingredients:**
- 1 bunch kale, thinly sliced, remove and discard stalks
- 1 lemon, juiced
- ½ cup extra-virgin olive oil, plus extra for drizzling
- 2 tsp honey
- salt
- freshly ground black pepper
- 1 cup sliced fruit
  (mango/peach/strawberries/blueberries)
- small handful toasted pumpkin seeds, optional

**Directions:**
- Put the sliced kale in a serving bowl and add half of lemon juice, a drizzle of oil and a little salt.
- Massage with your fingers until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make dressing.
- In a small bowl, whisk remaining lemon juice with the honey and lots of freshly ground black pepper.
- Stream in ¼ cup of the oil while whisking until a dressing forms and you like how it tastes.
- Pour dressing over kale and add fruit.
- Toss and serve.

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