

C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Veg

Ingredients

- kale 1/2 cup chopped
- barley cooked 2 tbsp cooked
- ginger 1
- Fresh turmeric 1
- pomegranate 2 tbsp
- Almonds 2-3 chopped
- For dressing : Lemon
- honey
- mustered

Preparation Method

- Fresh kale leaves are tossed with pomegranate, barley, fresh turmeric, ginger, crunchy almonds.
- Finished with a bright vinaigrette made with lemon, honey and hint of mustard.
- Serve it.