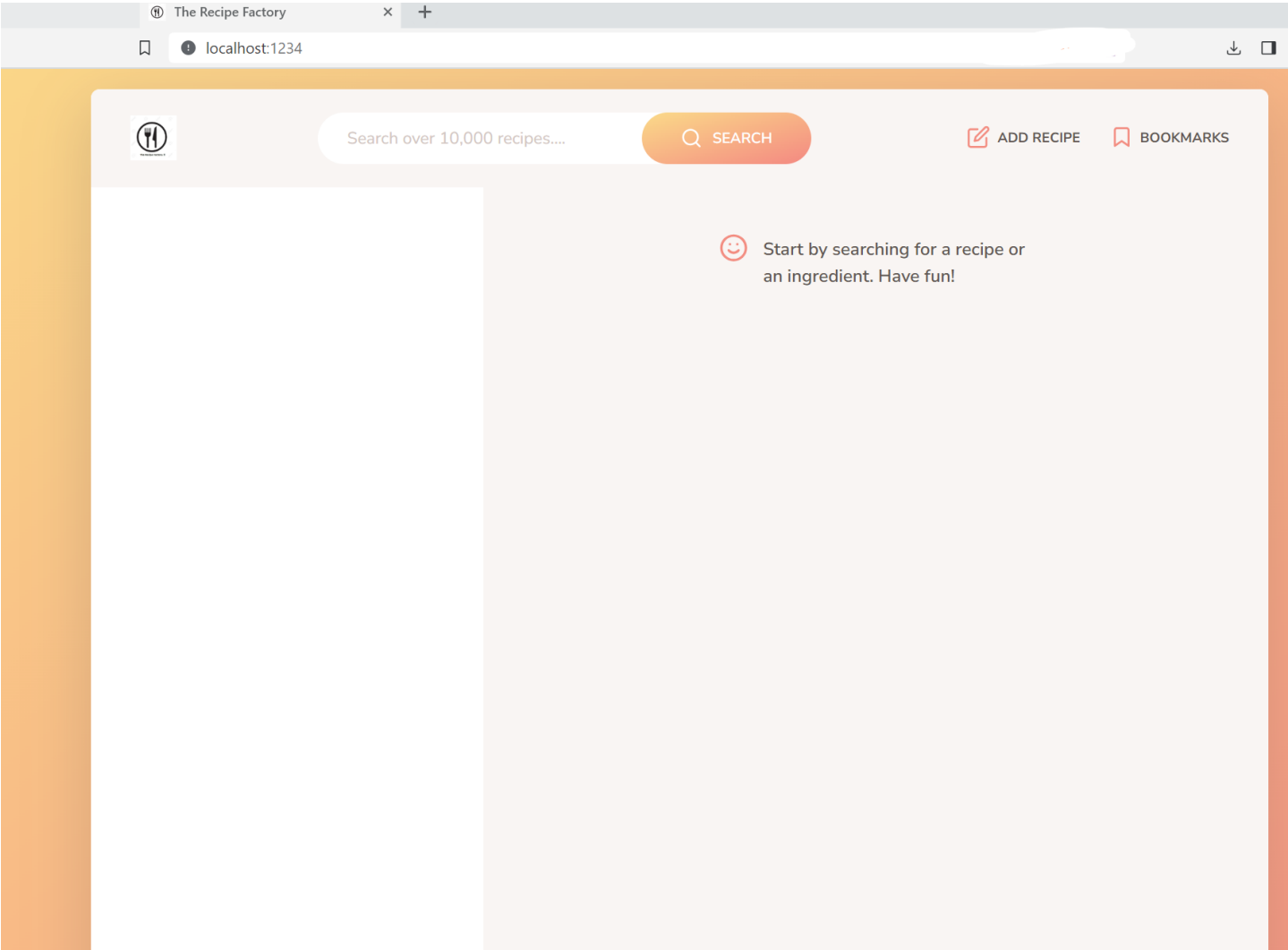
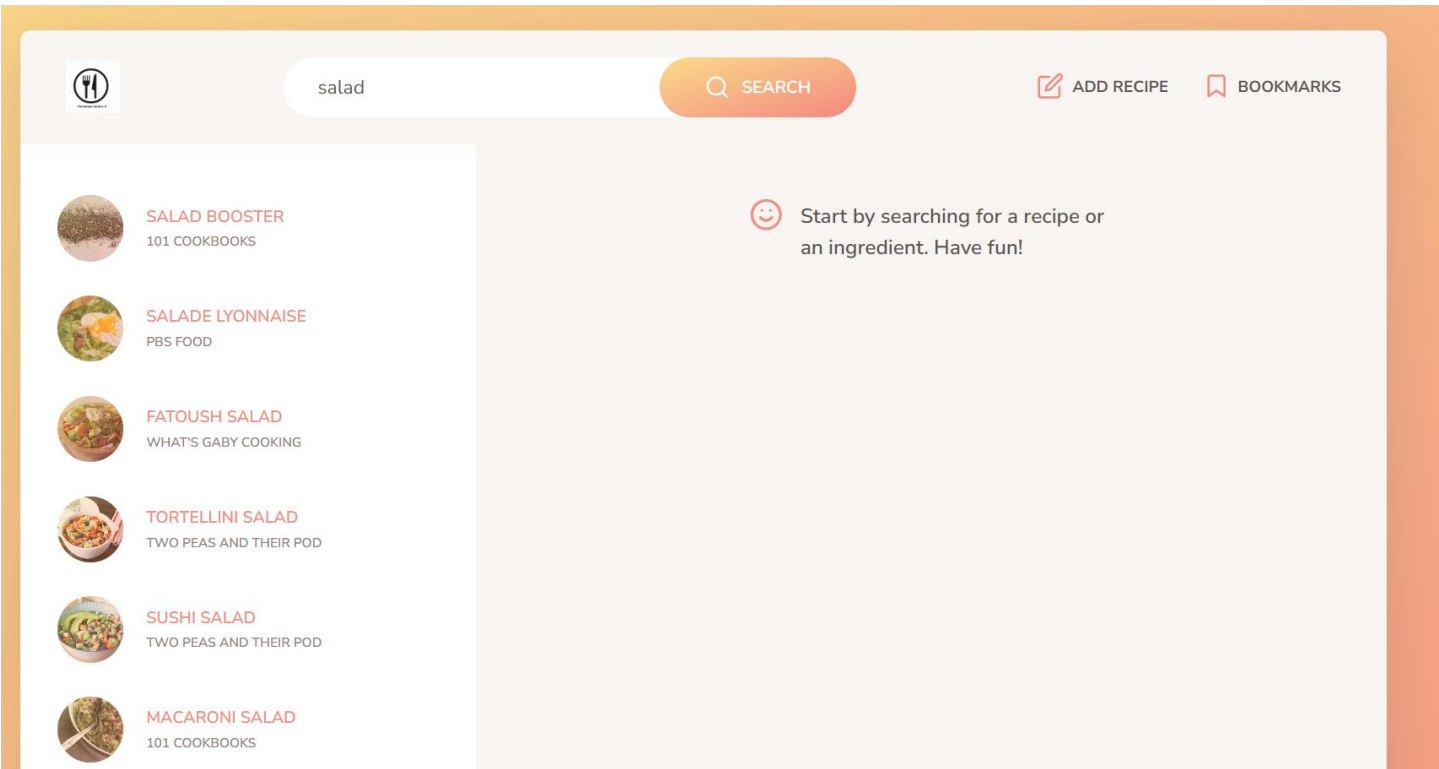



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THE PIONEER WOMAN



**SALAD BOOSTER**

🕒 75 MINUTES    👤 4 SERVINGS    ⦿ ⊕    📖

### RECIPE INGREDIENTS

✓ 2 sheets nori seaweed	✓ 2 oz kale stems and center ribs removed
✓ 1/4 cup / 1 oz / 30g sunflower seeds	✓ Zest of one lemon
✓ 1/4 tsp red pepper flakes	✓ -----optional add-ins -----
✓ 1/4 tsp sansho pepper	✓ Sea salt to taste
✓ Dried herbs	✓ Bee / fennel pollen

OR Use directions.....to go over the recipe:

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### HOW TO COOK IT

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SALAD BOOSTER

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