



Kale & White Bean Caesar Salad

4 servings
25 minutes

Ingredients

5 1/3 slices Organic Bacon
1/3 cup Hemp Seeds
2 2/3 tbsps Water
1 1/3 tbsps Nutritional Yeast
2/3 Lemon (juiced)
1 1/3 Garlic (clove, peeled)
8 cups Kale Leaves (chopped)
2 2/3 cups White Navy Beans (cooked)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the bacon in a skillet over medium heat. Once cooked, dice it into small pieces.
- 2 While the bacon is cooking, make your dressing. Add the hemp seeds, water, nutritional yeast, lemon juice, and garlic to a small blender or food processor. Process until smooth, adding more water to thin if necessary.
- 3 Place kale in a large salad bowl and pour the dressing over top. Use your hands to massage the dressing into the kale.
- 4 Add the cooked bacon and white beans to the bowl and toss well. Season with sea salt and black pepper to taste. Divide between bowls and enjoy!

Notes

Vegan and Vegetarian, Omit the bacon, or use coconut bacon.
Leftovers, Keeps well in the fridge for 2 to 3 days.