Ingredients

* 12 apples
* 2 green onions chopped
* 2 cups of cranberries
* 2 cups of pepita seeds
* 2 bunch of kale
* 2 tablespoons of canola oil
* 1 tablespoon of maple syrup
* 2 tablesppons of apple cider vinegar
* salt (for taste)

Procedure

**Prepare the dressing:**

1. Place all dressing ingredients (oil, maple syrup, apple cider vinegar, salt) in a small bowl and whisk to combine, adding enough salt and pepper, to taste.

**Prepare the salad:**

1. With hands peel kale leaves off of stem (make sure to thoroughly wash)
2. Chop apples into bite-sized pieces
3. Chop green onions into half centimeter pieces
4. Place all ingredients into a bowl, including seeds and dried cranberries.
5. Toss with enough of the dressing to lightly coat.