Ingredients

* Kale
* 12 apples
* 9 tablespoons cider vinegar
* 6 tablespoons honey
* 6 tablespoons Dijon mustard
* 9 tablespoons vegetable oil
* 3/4 teaspoon salt
* 1 cup oil
* pepper to taste

Procedure

1. Wash and dry the kale
2. De-stem the kale
3. Cut kale into strips
4. Cut apples into thin strips
5. Mix the Kale and apples together
6. In a separate bowl, combine the vinegar, honey, mustard, and salt. Slowly mix in the oil.
7. Mix the salad and dressing together and toss until well combined.