



Recipes

Leafy Greens

Oh So Delicious Green Cleanser

Prep Time: 8 minutes

Cooking Time: 5 minutes

Yield: 4 servings

Ingredients:

- 1 bunch lacinato kale, chopped, with stems
- 1/2 medium daikon radish, chopped into 1" chunks
- 1 tablespoon tamari
- 1 teaspoon toasted sesame oil
- 1 tablespoon brown rice vinegar
- 1 tablespoon agave syrup
- 1 tablespoon nutritional yeast flakes

Directions:

1. Heat a medium sized pot with 2 inches of water.
2. When the water boils, add kale and radish, blanch for 2 minutes.
3. Drain in a colander and transfer to a large mixing bowl.
4. Add all other ingredients and mix well, tasting to adjust amounts to your desire.

Variations:

Add some dulse flakes and sesame seeds.

Also try adding other vegetables, as you like such as cauliflower, broccoli, string beans, or asparagus

Notes:

This dish has got all of the five tastes: sweet, sour, bitter, salty and pungent. It can be helpful in bringing balance to the system after a period of not so healthy eating.