



Recipes

Leafy Greens

Raw Kale Salad

Ingredients:

1 large bunch raw Dino (Lacinato) Kale, washed and chopped

Dressing:

3 tbsp raw tahini (sesame paste)

3 tbsp Lemon juice (add more to taste)

1 tbsp Tamari, Bragg's or Shoyu

1 tsp Maple syrup

1/4 cup Olive oil

1/2 tsp Crushed red pepper flakes

1 clove crushed raw or roasted garlic (optional)

dash sea salt

Directions:

1. Mix dressing ingredients in a large bowl. Taste and make adjustments.
2. Chop Kale into 1-inch strips, removing the dense stalks.
3. Toss kale and dressing well and let it sit for 15-30 minutes before serving.

Variation:

Add shredded carrots for color and/or raw seeds for crunch. Prep the night before and allow all the flavors to marinate. The lemon "cooks" or pre-digests the kale for easy digestion.