

Kale & Apple Mishmash

Bunch of kale

4 large apples

Heaped teaspoon of cinnamon

Vanilla

Pinch of Herbamere (healthy salt)

Core & roughly chop apples.

Place in a large saucepan with a
1/4 cup of water.

Strip kale from the main stalk & put
on top of the apple.

Add cinnamon & Herbamere.

Cover & cook on low heat until kale is
wilted & apple is soft.

Cool mixture, place in food processor or
blender, and puree.

Kale Pesto

1 cup packed fresh basil (large stems
removed)

1 cup packed fresh parsley (large stems
removed)

2 cups packed kale (or beetroot greens)
1/2 cup pumpkin seeds

3 large cloves garlic (peeled)

1-2 tablespoon lemon juice

1/4 cup nutritional yeast

Herbamere to taste

Water to achieve desired consistency

Blend pumpkin seeds & garlic in a food
processor, then add remaining
ingredients.

Slowly add water and continue blending
until desired consistency
is achieved.



Kale Rice

Bunch of kale

herbamere

nutritional yeast

Wash, dry & remove leaves from the stem
Place in a food processor & blend until kale
is about the same size as rice.

1. Immediately freeze 1 cup portions of the
kale rice for future use in casseroles
or stir fry's.

2. Spread the kale rice on a baking tray lined
with baking paper, & cook like kale chips.
Sprinkle on salads, roasted veges or soups.

Kale Chips

Bunch of kale

Teaspoon of coconut oil or olive oil

Herbamere

Nutritional yeast (Optional)

Wash, dry and tear into chip sized
bits discarding the hard center stalks.

Place in a large bowl and add oil.

Massage well into leaves.

Place on a baking tray in a single layer.

Sprinkle with herbamere &
nutritional yeast

Place in a hot oven for about
10 minutes