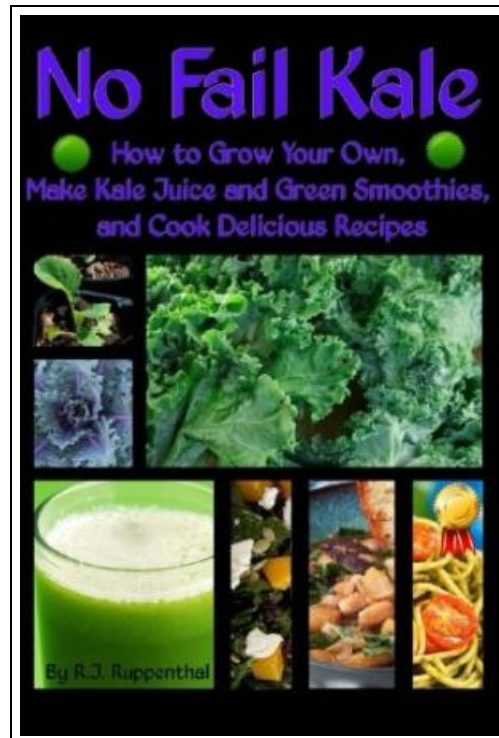


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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 64 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. The Perfect Introduction to Kale! Kale is one of the worlds most nutritious foods. Eating kale will nourish your body with healthy doses of vitamins, minerals, phytonutrients, and antioxidants. On top of its many benefits, kale is the perfect diet food, alkalizing your system and reducing some peoples urges for salty snack foods. Fortunately, these leafy greens are fairly cheap in stores and simple to grow at home. Sounds great, you think. You head off to the supermarket, where you score a big bunch of organic kale for a few dollars. At home, you steam it or juice it and serve yourself some nutritious kale or raw juice. Theres just one problem: As my kids would say, Yuck! On its own, kale doesnt taste great, though a few people will tell you they like the flavor. It takes some skill to make this stuff taste delicious. If its not delicious, then you may not eat enough kale to make a difference in your bodys nutrition. So if you are new at this, you may need a little help, especially if you plan to make kale an ongoing part of your diet. This book will provide you with all the motivation you need to integrate kale in your diet. Also, you will get 24 great kale recipes, including kale lasagna, kale chips (plain or cheesy), kale udon noodle soup, blueberry kale muffins, and several delicious kale smoothies. These recipes will give you a great start so that you can learn to enjoy kale any time. After successfully incorporating kale into your diet, I think youll feel better than you have in years. Kale gives your body great nutrition, quite...



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