

Raw Kale Toss

Lacinato Kale, strip leaf from inner stem and rip into bite size pieces

Braggs Liquid Aminos

1-2 cloves of organic garlic, smashed in mortar and pestle

Organic Olive Oil

Juice of ½ of lemon or lime

Wash and blot the kale. Place in a large mixing bowl. Smash the garlic. Add to the kale. Give a liberal squirt of the Braggs. Repeat with a liberal drizzle of olive oil. Squeeze the lemon directly into the bowl. Toss together and let sit for 10 minutes to marinate.

Note the hardest part of this yummy recipe is waiting the 10 minutes to marinate! I promise this will make a raw kale lover out of you!

Enjoy the Bounty!