



Superfoods: Kale: Quick and Easy Kale Recipes for Healthy Living: Everyday superfood cookbook

Sarah Spencer

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Supercharge your diet with KALE! Sneak-in this nutritious SUPERFOOD in your Recipes and reap all its healthy benefits!

Kale is fast becoming one of the most popular vegetables in the health food world. Add it to your diet for its nutrition to reap its many health benefits. You'll be supercharging your body with healthy doses of nutrient, vitamins, and even protein! In recent years, kale has grown increasingly popular, being touted by health experts and nutritionists as a 'superfood'. One of the primary reasons is because the dark green, glossy, and crinkly vegetable is so nutritionally dense: - It offers more iron per ounce than beef, - Contains more calcium than milk, - High in protein. Kale is also an excellent source of vitamins K, A, and C, which help maintaining healthy skin and vision, boosting immunity, and maintaining normal bone function, as well as many other bodily processes. This cookbook provides new inspiration with a range of alternative preparation methods from sautéing to baking, to help cooks sneak this superfood into everyday dishes. From salads and dips to pastas, stews, and pizzas, these 50 recipes cater to picky and adventurous eaters alike. **Inside, you'll find:** - The different kind of kale - How to choose your kale - How to prepare kale 50 Quick and Easy Recipes including: Sausage, Kale, and Barley Stew Chinese Spicy Kale and Beef Kale and Bacon Tart Chicken and Kale Baked Pasta Beef and Kale Tacos Prawn and Kale Madras Curry Japanese-style Cod and Kale Lentil, Carrots, and Kale Salad Chestnut, Kale, and Mushroom Pie Kale, Brussels Sprouts, and Potato Hash Kale and Onion Pizza Kale and White Bean Soup Kale Chips with Citrus Cumin Kale and Parmesan Crostini Kale and Hummus Dip Cheesy Kale Bites And many more!

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this era. So now let us teach you the relaxing pattern is your body and mind will probably be pleased when you are finished studying it, like winning a sport. Do you want to try this extraordinary spending spare time activity?

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