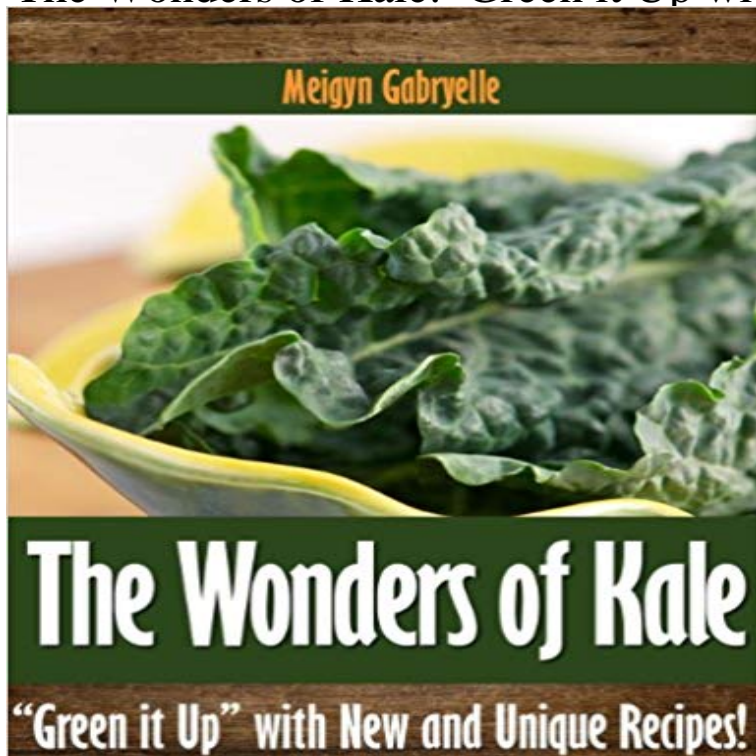


## The Wonders of Kale: Green it Up with New and Unique Recipes!



Sweet, earthy KALE is one of the most popular greens being served these days. The recipes you find in this report will put your dishes right in the middle of this popularity, whether you serve it to your family or to many of your friends at a pot-luck gathering. Rest assured, there is something here for everyone. If someone didn't love the taste of this wonderful green before, they will after tasting some of these absolutely scrumptious dishes - from a smoothie to a casserole, you'll find them within these pages. Kale is one of the new superfoods, recognized for its nutritional value and for keeping the body healthy and happy from the inside out. What that means is that the nutrient density of kale (the number of nutrients per calorie) is one of the highest found in any leafy green - it is also loaded with vitamins, fiber, minerals, amino acids and antioxidants. Plus, there are 2 grams of protein in every cup. Kale works its wonders on the inside of our body, improves and protects our eyesight and keeps us glowing on the outside at the same time. It is also believed to be very effective in reducing inflammation and deterring cancer, because there is an abundance of beta-carotene in its curly green leaves. What a superfood kale is! So, read on, try a few and GREEN it up!

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