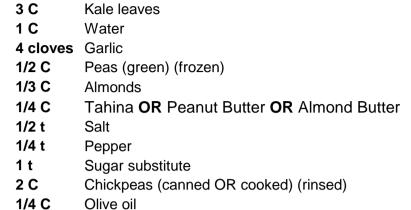
KALE HUMMUS

INGREDIENTS





COOKING DIRECTIONS

- 1 Cook kale & water in a pot for 5 minutes or until slightly tender but still green
- 2 Remove kale with slotted spoon & drain

Lemon (juice only)

- 3 Add garlic to cooking water & boil for 5 minutes with cover on the pot
- 4 Add peas & cook until they are tender & bright green
- 5 Drain peas but keep 1/2 C of the cooking liquid
- 6 Toast almonds on a low heat for about 8 minutes mixing the nuts every 2 minutes
- 7 Add all remaining ingredients to your blender except the olive oil & the cooking liquid
- 8 Process & gradually add the cooking liquid continuing until the mix is pureed
- 9 Add olive oil gradually & process another 30 seconds
- 10 Refrigerate at least 2 hours before serving