

KALE HUMMUS

INGREDIENTS

- 3 C** Kale leaves
- 1 C** Water
- 4 cloves** Garlic
- 1/2 C** Peas (green) (frozen)
- 1/3 C** Almonds
- 1/4 C** Tahina **OR** Peanut Butter **OR** Almond Butter
- 1/2 t** Salt
- 1/4 t** Pepper
- 1 t** Sugar substitute
- 2 C** Chickpeas (canned OR cooked) (rinsed)
- 1/4 C** Olive oil
- 1** Lemon (juice only)



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
- 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