



Kale: Naturally Healthy & Delicious Recipes From This Amazing Green Superfood

Bradley Stevens

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Kale rocks.

Ohhhh...YES it does! Here's why...

Over the past few years, kale has exploded as one of the great superfoods in our society. It has unbelievable nutritional value and, in terms of bang for your buck, I can't think of many (if any) other foods that match kale for nutrient density and overall health benefits. If you're looking to Go Green (or simply to Go Healthy), kale is a MUST HAVE in your diet.

Green leafy vegetables are long known as a source of high quality nutrients and fiber, yet it seems that people focus more on spinach and broccoli (mainly because of ease of availability and longer half life). I must admit, this was me for the first 20+ years of my life. I had never even HEARD OF kale. I just thought if I was eating broccoli that was good enough. Boy, was I wrong.

I've since "seen the light" and realized what I was missing by not regularly incorporating kale into my diet. This book is dedicated to giving you the various tips, methods, recipes (yes, there are 40+), strategies and guidelines that will help you get maximum benefits from this amazing super vegetable. If improved health is your goal, you could not be in a better place.

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David Packard:

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