



## Kale 3 Ways

Recipe by Living with Ivey  
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### Kale Chips (4 ingredients)

#### INGREDIENTS:

1 bushel of kale, washed and de-stemmed  
and pulled apart into large sections

Juice of 1/2 lemon (2 tbs)

3 tbs olive oil

Sprinkle of garlic salt

#### INSTRUCTIONS:

1. Preheat oven to 350

2. While your oven is heating, wash  
and destem your kale

3. In a large bowl, combine kale, lemon  
and olive oil and massage lightly to  
coat all the greens

4. Arrange on a parchment lined baking  
sheet and sprinkle lightly with garlic  
salt

5. Bake for 20 minutes, flipping halfway  
through

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### Kale Smoothie

#### INGREDIENTS:

1 packed cup of raw kale

1 banana

1 cup frozen or fresh berries

1 tbs almond butter (or peanut butter)

1 cup of almond milk

#### INSTRUCTIONS:

1. Combine all in a high speed blender

2. Blend until creamy

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## Massaged Garlicky Kale Salad

### INGREDIENTS:

1 bushel of kale, washed and destemmed

Dressing: whisk together, adding in olive oil last gradually

2-3 tbs lemon juice (half a lemon)

1 tbs dijon mustard

1 tsp honey

1 grated or minced garlic clove

¼ cup olive oil

### INSTRUCTIONS:

1. Tear kale leaves into smaller bite size pieces
2. Add the dressing and massage with your hands, coating the kale leaves

\*Optional salad toppings: pumpkin seeds, avocado and antioxidant rich pomegranate seeds.

*The reason for massaging kale is to break it down a bit, making it easier to digest and also infusing it with the dressing.*