



We Love Kale: Fresh and Healthy Inspiring Recipes

Kristen Beddard, Karen S. Burns-Booth, Carolyn Cope, Jassy Davis, Kristina Sloggett

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Home cooks continue to look for healthy options to serve their families and superfoods like kale have been at the top of the list for the last few years. What some thought was a novelty has now become part of our food culture, as the demand for healthful food continues to be strong. Once a specialty item at farmer's markets, kale is now on almost every supermarket's produce shelf. And Whole Foods sells more than 22,000 bunches of kale per day in its stores. Clearly this superfood is here to stay.

In **We Love Kale**, food and healthy lifestyle bloggers with a passion for creating healthful plant-based recipes share their delicious recipes for kale, from dips and snacks to juices, salads, desserts, and more. Beautifully designed with over 100 simple recipes, **We Love Kale** is the perfect companion for anyone looking to boost their diet with the powerful goodness that kale provides.



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