

Creative Cooking

THE HOLMES SISTERS DDCC000009

EPISODE 9

FOCUS:
KALE



Eat It

KIMMY'S RICH FLAVORFUL VEGAN KALE PESTO SAUCE

INGREDIENTS

- 2 tablespoon fresh basil
- ¼ - ½ cup chopped walnuts
- 1½ -2 teaspoons sea salt
- 1 pound kale, stems removed, coarsely chopped
- 3 cloves garlic, minced
- 1 cup olive oil
- 1 onion
- ½ cup of vegan sour cream
- ½ cup grated vegan parmesan cheese
- ½ cup of vegan herbs & chives tofutti cream cheese
- ½ teaspoon of blended herbal seasoning (spike or dash)
- Dash of cayenne

INSTRUCTIONS

Steam chopped kale and onion in a little water. Toast walnuts lightly in a dry skillet for 3 minutes. Pulse kale, onion, and walnuts in food processor or blender. Add all other ingredients and blend. Spread over pasta or pizza. Optional for pizza: add cheese and grape tomatoes as toppings.

Juice It

KALE SMOOTHIE

INGREDIENTS

- 1 cup kale or handful
- 1 cup blueberry
- 1 banana
- 4-5 dates
- 1½ cup water
- ½ cup almond milk

INSTRUCTIONS

Blend all ingredients in blender.

Wear It

KALE FACIAL MASK

INGREDIENTS

- 1 cup chopped kale pieces
- 2 Tbsp honey
- ½ cup water

INSTRUCTIONS

If you have some extra kale lying around, toss in some honey and water to make a super cleansing face rinse. In a bowl, add the honey and water to a cup of chopped kale pieces. Blend the ingredients and then once you start to see a green liquid form, strain the remaining kale pieces and collect the juice in a separate bowl. After you've washed and dried your face, apply the liquid on your face. Leave it on for about 5 or 10 minutes, just long enough for it to dry. Then, rinse your face with cool water. *Reduces wrinkles and natural skin repair Vitamin K (in kale) reduces dark circles; improve skin elasticity.