



Easy Delicious Kale Recipes (Paperback)

By Tammy Lambert

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.About the Book This book is for people wanting to infuse an ingredient with numerous health benefits into their diet. Get a better understanding about diets using kale as main ingredient in the introduction. This book combines a collection of recipes for every meal of the day. Start off with healthy and delicious breakfast recipes featuring kale including muffins, sandwiches, frittata, a breakfast smoothie and egg dishes to name a few. Following breakfast, you will find lunch recipes which are light delicious and include steamed kale, kale cakes, spaghetti with kale and lots more. Then comes the evening meal and dinner recipes. The fiery dinner recipes featuring kale include pasta, soup, salads and chicken. Lastly, indulge your sweet tooth and get some health benefits while you are at it! Enjoy the collection of delicious dessert and snack recipes while getting into your new habits.



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