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Kale Soup Recipe + 33 Delicious Ways to Creatively Get More Healing, Cleansing Green Into Your Diet begin next page

Easy Blender Kale Soup Recipe

- 1 cup kale stems
- 1 cup water
- 1/2 cup raw soaked cashews
- 1/8 cup tamari, nama shoyu, Braggs liquid aminos or Coconut Secret amino acids
- 1 garlic clove

Blend all to a smooth consistency; if you are using a Vitamin, run until just warm or transfer to stovetop pot and stir frequently until you reach your desired warmth.

33 Delicious Ways to Creatively Get More Healing, Cleansing Green Into Your Diet

1. Scramble your eggs with cooking greens or add them to your frittata.
2. Add fresh fruit like strawberries to make your highly nutritious spinach salad more interesting.
3. Make a batch of green pesto to have on hand for adding to dishes like pasta or for garnishing dishes like scrambled eggs, soup or roasted veggies.
4. Learn to sprout! It's so easy to do right in your kitchen with some mason jars, cheesecloth and sprouting seeds. In just a couple days you've got green sprouts absolutely brimming with nutrition that you can add to salads, add as soup garnishes or throw in your smoothies.
5. Learn to identify wild edible greens and pick them. Some might be in your backyard or favorite local forest preserve.
6. Everybody loves nuts and seeds so improve your salad's texture and nutrition by adding them to your salads.

7. Add a handful of spinach or other green to your favorite smoothie to make it green. Spinach is quite benign flavor-wise. It won't alter the flavor intent of your smoothie.
8. Don't miss a chance to garnish your soups with parsley or cilantro.
9. Never miss adding a beautiful green leaf to your sandwiches. Have fun and experiment. Go beyond iceberg or romaine lettuce.
10. Garnish your sandwich plate or even top your salad with dehydrated kale chips. Depending on the sauce massaged into the kale before dehydrating, kids will love eating them instead of potato chips.
11. Add a handful of fresh basil, leaves and stems, to your blenderized soups for a subtle flavor enhancement and nutrition boost.
12. Add green legumes like peas, pea pods and green beans to your side dishes for color, texture, protein and vitality.
13. Learn to make a serious tabbouli. With the main ingredient being parsley, this minted salad is incredibly fresh tasting and you'll feel so much better about yourself after eating it! You can substitute quinoa for the bulgur wheat, if you prefer, and it will taste just as great.
14. Fold finely chopped parsley or spinach into your mashed potatoes or alfredo sauce.
15. Mush some not overcooked broccoli into side dishes for texture, flavor and nutrition.
16. Make some avocado topped toast or spread your toast with a mélange of peas tossed with a small amount of olive oil, quartered grape tomatoes, and edamame. Avocado toast happens to be on-trend right now too!
17. Add shaved or grated courgette (zucchini) into your salad.
18. Have a nice spinach salad or other green leaf salad for breakfast. It's a fantastic way to start the day.

19. Explore fresh green herbs (oregano, rosemary, basil, dill, cilantro, chervil, chives, tarragon) and learn how to add them to your dishes for an added dimension of healing and flavor.
20. Make fresh, raw green bean "fries" for an awesome snack. Toss washed whole green beans with a bit of olive oil, and then garlic granules, salt and pepper to taste, and munch!
21. Make your wrap sandwiches raw wraps using collard greens, bibb lettuce or swiss chard leaves; you can do the same when making tacos, too.
22. When puréeing your homemade hummus, throw in a half cup of spinach; it will lend a green hue to the hummus and give you added nutrition, but it won't alter the flavor of the hummus.
23. Top your burger with lightly sautéed greens infused with your favorite herb for a more gourmet experience.
24. Make green dips; spinach-artichoke is always nice.
25. Make simple homemade green salad dressings in your blender; throw six to eight dandelion greens in the blender along with a cup of soaked raw cashews, a half cup of soaked raw sunflower seeds, a cup of water, a squirt of lemon juice, a half teaspoon of turmeric and Himalayan salt to taste and blend until smooth.
26. Double the amount of green vegetables and half the amount of animal protein in your dishes. You'll enjoy the dish just as much and may well lose some weight.
27. Be a sneaky chef; purée some greens and add them to marinara sauce or grate or finely mince the greens and add them to your burger and meatloaf mix.
28. Join the [Meatless Monday movement](#) and make green foods the centerpiece of the day.
29. Wilt your greens like spinach, arugula, mustard and dandelion greens; you can add them to your favorite dish or eat them straight with a little salt and pepper and a dash of olive oil.

30. Gently sauté kale leaves stripped from their stalks along with garlic and bit of olive oil until they become just soft enough to eat. So delicious and hearty!
31. Save your kale stems after stripping the leaves for sautées or massaged kale salads and blend them (chopped) with some water, garlic, salt and soaked raw cashews for a wonderfully delicious, light and super healthy kale soup. Remember, the core of any plant packs the most power! *See easy recipe, next column or below if you're viewing on a mobile phone.*
32. Slightly blacken bundles of bok choy, broccoli or asparagus spears for a unique taste and nutrition treat.
33. Get to know how to use ceremonial grade matcha green tea in your cooking and baking or simply drink it as tea. [The Healthy Matcha Cookbook](#) is an excellent source. You'll get the incredible benefit of the most powerful catechin (a type of antioxidant) found in green tea "EGCG (epigallocatechin gallate)" which is believed to be a powerful anti-carcinogen. If you want to eat just one superfood a day and must choose among all of them, matcha green tea is the one you want because of its EGCG content.