



Simple | Healthy | Delicious

Creamy Sprouted Blend and Kale Salad



INGREDIENTS

5-7 leaves of kale (or spinach or chard)
½ cup uncooked Nature's Earthly Choice Sprouted Blend
1 cup water
Dash of fine ground sea salt

FOR SAUCE

½ cup cashews, soaked
1 tbsp fresh lemon juice
1 clove of garlic
1 cup water
1 tbsp extra virgin coconut oil
3 tbsp nutritional yeast
1-2 tsp fine-ground sea salt (to taste)
1 tbsp tahini (optional)

DIRECTIONS:

1. Bring ½ cup Sprouted Blend, a dash of salt and 1 cup of water to a boil in a saucepan. Cook according to package instructions.
2. While the Sprouted Blend is cooking, remove the stems from the kale leaves and wash them well. Roll the leaves and slice them into 1" strips.
3. Place your sliced kale into a large bowl and set aside while you prepare the sauce. In a blender, place all sauce ingredients and blend until smooth. Transfer to a small saucepan, and over low heat, stir for about 2-4 minutes until warm and it starts to thicken.
4. When the Sprouted Blend is cooked, remove from heat and let it sit with the lid on for 5 minutes. Then, fluff with a fork.
5. Pour the warm sauce over the kale leaves and add warm Sprouted Blend. Mix well.
6. The heat from the sauce and millet will start to wilt the kale leaves a bit. This makes for a tasty, vibrant green kale.