



## Kale Butter

**SERVES 8 (MAKES ABOUT 2 CUPS)** Use this as a spread for crackers or wraps.

- 1 bunch kale, rinsed and chopped
- ½ cup walnuts
- ½ cup green water from steaming kale
- ½ teaspoon sea salt (optional)

Steam kale for 5 minutes, until tender. Blend cooked kale with walnuts and ½ cup green water from steaming. Add salt to taste, if desired. Process in a blender until smooth.

### NUTRITION

Per serving (about 3oz/90g-wt.): 80 calories (45 from fat), 5g total fat, 0g saturated fat, 0mg cholesterol, 180mg sodium, 7g total carbohydrate (2g dietary fiber, 0g sugar), 4g protein

Recipe reprinted with permission from *The Engine 2 Diet* by Rip Esselstyn.



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