



Kale Artichoke Dip:

SO good, you won't even know this is dairy free!

Ingredients:

1 tsp Ghee or coconut oil if vegan
10 large leaves of red leaf kale
1/4 -1/2 tsp sea salt
5 turns of ground pepper
1-2 tsp nutritional yeast to taste

½-1 medium lemon, juiced
2 Tbs sesame or cashew butter (I like this with sesame butter best!)
5-10 artichoke halves, oil drained
1-3 tsp nutritional yeast (full of B vitamins, protein and gives it the cheesy taste)
Water to blend

Directions:

1. Pre-heat pan, while you wash and tear up the kale.
2. Sauté kale in 1 tsp Ghee or coconut oil and in about 2-4 Tbs of water until it's wilted (don't overcook). While cooking, add sea salt, pepper and nutritional yeast.
3. Place the kale and a little of the "pan water" into the blender, along with nut butter, artichokes and additional nutritional yeast.
4. Blend, using a spatula to keep scraping sides. Blend till it's to the texture you like. I like it semi- blended. Taste to see if it needs more spices or lemon.
5. **TIP:** Add more water if it's not mixing well.

BONUS TIP: I like the red leaf kale for this recipe but you can use another kind or even try spinach!

I like this dish over kitchuri, eaten with a spoon, or with healthy crackers/chips.

Makes: ~ 1 cup

Serving Size: depends on how you're eating it. 😊

*** Remember to practice Conscious Eating so you can fully digest your food.**

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