

Makes: 5 (2 oz.) servings



Ingredients:

- ♥ 1 tsp. lemon juice
- ♥ 2 clove garlic
- ♥ 10 oz. kale
- ♥ 2 Tbsp. D'Avolio Extra Virgin Olive Oil

PREPARATION:

1. Pulse the lemon juice, garlic cloves, and kale in a food processor.
2. Slowly drizzle in the olive oil until smooth.

Nutrition Facts

Serving Size: 1 serving (63.9g)
Servings: 1

Amount Per Serving		
Calories	80	Calories from Fat 50
		% Daily Value*
Total Fat	6g	9%
Saturated Fat	1g	4%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	25mg	1%
Total Carbohydrate	6g	2%
Dietary Fiber	1g	5%
Sugars	0g	
Protein	2g	
Vitamin A	170%	• Vitamin C 110%
Calcium	8%	• Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.



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