

Kale-onaise

Dress up any dip, sandwich, or dressing with this flavorful and healthy mayo that also offers the nutrient value of raw kale and fresh garlic. This creamy condiment will soon take the place of butter on your breakfast toast. Go ahead, we won't watch. Spread 'em. **Makes 3 cups**

2 cups packed chopped kale

½ teaspoon sea salt

2 garlic cloves, chopped

1 cup mayonnaise (organic if possible)

Zest and juice of 1 lemon

➤ In a food processor, combine the kale leaves, salt, and garlic. Process until finely chopped. Add the mayonnaise and lemon zest and juice and process until smooth.

PER SERVING (2 TABLESPOONS): 60 calories, 0 g protein, 0 g carbohydrates, 7 g fat (1 g saturated), 3 mg cholesterol, 0 g fiber, 93 mg sodium

Did You Know? Fresh garlic, like kale, contains sulfur compounds that become more available to your body after crushing it or mixing it with lemon juice. Garlic has been shown to help protect the heart and the brain by lowering inflammation in blood vessels.
