

Better-than-Cole-Slaw Amazing Kale-Slaw

This is a great way to introduce kale into your diet! Kale is a great source of calcium and raw kale has even more than cooked kale: 249 mg raw versus 187 mg cooked. And, it is absolutely delicious!

Fresh raw kale
2-3 raw carrots
Balsamic vinegar
Celery seeds
Garlic gomasio or some whole toasted sesame seeds/sea salt/garlic powder
Veganise (no-egg mayonnaise)

Rinse and dry the leaves of one bunch of kale. Cut out and discard the rib of each leaf. Chop kale into small pieces and place in a bowl.

Shred several carrots (or buy a bag of shredded carrots) and then chop into small pieces; place in bowl with the kale

Sprinkle in some balsamic vinegar and celery seeds

Put in a good amount of garlic gomasio or sesame seeds/sea salt/garlic powder

Mix with in enough Veganise to make the dish creamy.

*NOTE: You must mix the Veganise in well, and uniformly, as it tends to make the kale clumpy

When the Veganise is spread evenly throughout, and there is enough to make the dish creamy, sprinkle more garlic gomasio over the top. Refrigerate and serve cold.