

GOT KALE? By Leah Seifert



Kale Blender Drink

*Not only healthy but good
exercise too.
GOT KALE?*



Kale Slaw

*DELICIOUS/KALELICIOUS
Yee Haw for Kale Slaw*

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Kale and Pea Soup

*All I can say is you have to
try this soup.
It's mmm..good.*



Kale Chips

You can't eat just one.

