



Body and Soul Nourishment
Inspiration for a Healthy Lifestyle

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Kale Tart with Cranberries

3 cups coarsely chopped kale (dinosaur kale is great, stems removed)

1 TAB thinly sliced shallots

½ teaspoon sea salt

3-6 large eggs, whisked

¼ cup dried cranberries

¼ cup pine nuts or pecans

1 teaspoon turmeric, if desired

1 Herb Tart crust

Preheat the oven to 350 F

In a large pot with a steamer basket, wilt the kale over medium heat for 2-3 minutes, until bright green.

Place the kale, shallots, and salt in a food processor and pulse until well blended.

Transfer the kale mixture to a bowl and stir in the eggs, cranberries and pine nuts/pecans, and turmeric if desired. Pour the mixture into the crust.

Bake for 15-20 minutes, until browned around the edges and cooked through. Let the tart cool in the pan for 30 minutes, then serve.

Recipe inspired from The Gluten Free Almond flour cookbook by Elana Amsterdam