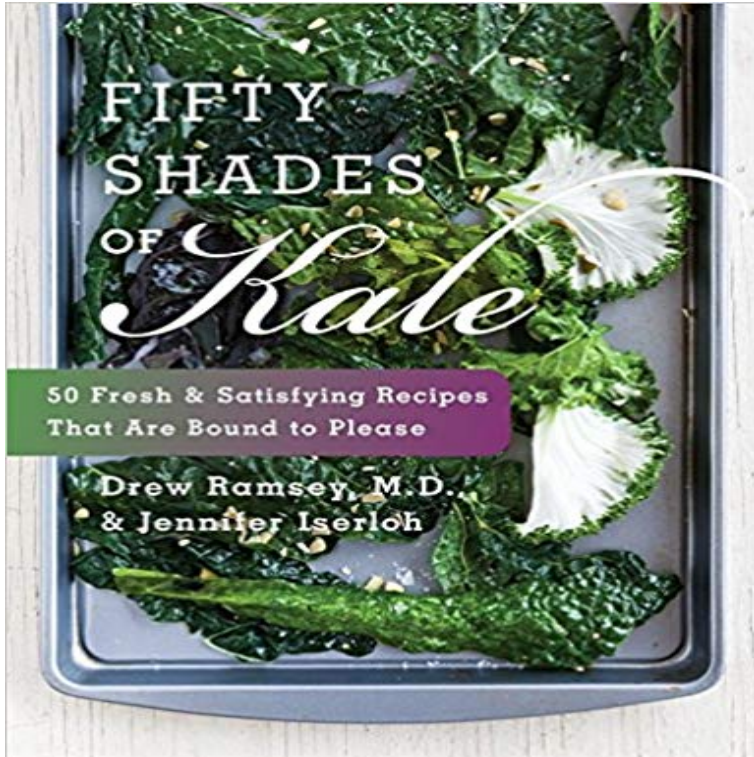


Fifty Shades of Kale: 50 Fresh and Satisfying Recipes That Are Bound to Please



Kale gets sexy in *Fifty Shades of Kale* by Drew Ramsey, M.D., and Jennifer Iserloh, with 50 recipes that are mouth-wateringly delicious and do a body good. Release yourself from the bondage of guilt and start cooking meals with the ingredients you love: meat, cheese, and yes even butter. Nutrient-rich kale provides essential vitamins and minerals to keep you healthy, happy, and lean so you can indulge in your most delicious desires. Whether you're a cooking novice or a real kale submissive, you will undoubtedly succumb to Kale's charms. From Mushroom and Kale Risotto to Kale Kiwi Gazpacho, *Fifty Shades of Kale* offers simple ways to have your kale and eat it, too, as well as nutritional information, cooking tips, and a tutorial on kale in all her glorious shades. Indulge your culinary passions with *Fifty Shades of Kale: 50 Fresh and Satisfying Recipes That Are Bound to Please*.

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