

Gua-Kale-Mole Dip

Happy Women's Health Month! This month, try this slimmed-down dynamic dip, which mixes avocados (rich in folic acid, vitamin C, K and B vitamins) and kale, which is loaded with immune-boosting nutrients.

Ingredients

- 2 bunches kale, stemmed and roughly chopped
- 1 bunch cilantro, stems included
- 2 tomatoes, chopped
- 1/3 red onion, chopped
- 1 jalapeño, seeded and halved
- 1 garlic clove, halved
- Juice of 2 limes
- 1/2 teaspoon sea salt
- 3 avocados, peeled and pitted

Preparation

1. In the bowl of a food processor, combine the kale, cilantro, 1 cup of the chopped tomato, 1½ tablespoons of the onion, the jalapeño, garlic, lime juice, and salt. Puree the mixture until smooth, scraping down the sides as needed, 1 to 2 minutes. Add the avocados and puree again until blended, 30 seconds to 1 minute.
2. Transfer the gua-kale-mole to a bowl and stir in the remaining chopped tomatoes and onion. Ready to serve.
3. Store any leftover dip in an airtight container in the refrigerator for up to 5 days. Use parchment paper pressed against the surface to prevent discoloration.

Nutrition (per serving)

Calories 216; fat 15g; saturated fat 2g; cholesterol 0mg; fiber 10g; protein 6g; carbohydrates 20g; sodium 235mg

Source: 10-Day Detox Diet Cookbook by Mark Hyman, MD



For more health tips and information on maintaining a healthy lifestyle, visit BeWellSHBP.com/Women or call **888-616-6411** to speak with a well-being health coach.