

No-Nut Raw Gomaе



Ingredients:

4 cups Spinach and/or kale

¼ cup Extra virgin olive oil

¼ cup Water

½ -1 tbsp Nutritional yeast

1 tbsp Miso paste

Directions:

1. Squeeze and massage washed greens until they take on a “cooked” appearance.
2. Mix the remaining ingredients in a jar or blender until creamy in consistency.
3. Pour on greens and mix well
4. Enjoy! EarthBites

Top Tips:

• Kale and other leafy greens are loaded with calcium, iron and magnesium. • They also contain a colourless organic compound called oxalic acid. • Oxalic acid has the potential to bind with calcium, magnesium and iron in our intestines, thus interfering with the absorption of these minerals making them unavailable for use within our body. • Lightly steaming, massaging or blending the greens exposes the compound to oxygen, breaking it down so our body can benefit from the minerals.