



KALE QUINOA CAKES

2 cups cooked quinoa
2 Tbsp EVOO
2 egg whites, lightly beaten
1 head Kale, off the stem and chopped
1 Carrot shredded,
½ cup diced sweet onion
1 tsp minced garlic
1 teaspoon cumin
Sea Salt and Pepper to taste

Sautee vegetables in the olive oil over medium low heat until softened. Add Cumin, Salt and Pepper
Add mixture to cooked quinoa and egg whites.
Form into small patties and lightly brown 4 minutes on each side in a saute pan with an addition 2 tablespoon of EVOO
Serve with sliced Avocado and Cilantro Cream

CILANTRO CREAM

½ cup raw cashews, soaked overnight (4 hours minimum)
1 Tbsp. freshly-squeezed lime juice
1 cup cilantro (leaves only, loosely packed)
½ cup water
1 Tbsp. raw honey (or agave)
1 tsp. sea salt
pinch cayenne, if desired
½ small clove garlic, if desired

Directions:

1. Put all ingredients in a blender and blend on high until completely smooth. Season to taste.
Store leftovers in a sealed glass container