

## Kale Pesto!

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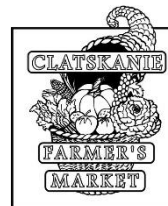
*Use any other sort of seeds or nuts in place of the sunflower kernels. Not only is this great on crackers... try it on pasta, layered with hummus, as a veggie dip or even as a pizza sauce!*

### **Ingredients:**

2 cups	Packed, chopped kale leaves
1 TBLS	Lemon juice
1 cup	Packed fresh basil leaves
½ cup	Roasted, salted sunflower kernels
1 TBLS	Minced garlic
¾ cup	Grated Parmesan cheese
½ cup	Olive oil
½ tsp	Cayenne powder

### **Directions:**

In a food processor bowl, add kale, basil, seeds, garlic, cayenne and cheese. Chop into fine pieces, then in a steady, small stream, add lemon juice and olive oil while pureeing. Use immediately, refrigerate or freeze.



## Homemade Crackers!

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*These quick crackers will make you rethink buying the store-bought version ever again! Be creative with flavorings, herbs, cheese, etc.*

### **Ingredients:**

2 cups	Flour (any: whole wheat, white, spelt)
1 tsp (ea)	Onion powder, garlic powder, chili powder or oregano
½ cup	Butter
½ cup	Grated Parmesan cheese
½ cup	Warm water
2 TBLS	Honey

### **Directions:**

Preheat oven to 400 deg. Mix dry ingredients in a large bowl; cut in butter until crumbly. Mix honey into warm water; add to crumb mixture, stir just until combined. Lightly flour a baking sheet. Roll dough thinly out right on sheet. Cut into desired shapes, prick with fork, sprinkle with salt, bake 10-15 minutes or until lightly brown. Cool on wire rack, store in airtight container.

