

**Kale: The Complete Guide To The World's Most Powerful
Superfood (Superfood Series)**

By Stephanie Pedersen

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Recipe | Blueberry Kale Pops from Kale: The -

These delicious Blueberry Kale Pops from Kale: The Complete Guide to the World's Most Powerful Superfood are a sneaky way to get kids to eat kale!

Pictures - Kale, quinoa, superfood smoothie -

Of course kale chips are included in the new 'Kale' cookbook. (Sterling) 'Kale: The Complete Guide to the World's Most Powerful Superfood,' by Stephanie Pedersen.

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Review of Kale: The Complete Guide and a Giveaway -

I was recently sent a copy of Kale: The Complete Guide to the World's Most Powerful Superfood to review. I love kale. My favorite way to eat it is to make Kale Chips.

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Kale: The Complete Guide to the World's Most Powerful Superfood (Superfood Series) Paperback June 4, 2013

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