



Keto Creamed Kale

2 servings

8 minutes

Ingredients

3 tbsps Coconut Oil
3 tbsps Shallot (chopped)
1/2 tsp Ginger (minced)
5 cups Kale Leaves (Take out stalks and tear up)
1/8 tsp Sea Salt
1/2 cup Organic Coconut Milk (Full fat)
2 tsps Coconut Aminos

Directions

- 1 In large skillet, heat the oil over medium heat. Add the shallots and ginger; cook and stir for 1 minute until fragrant. Add the kale and salt; cook and stir for 2 to 3 minutes or until the kale is just wilted.
- 2 Stir in the milk, cover and cook for 2 to 4 minutes, until the kale is tender. Stir in the coconut aminos and serve.
- 3 Protein: 8gm, Net Carbs: 13gm Fat:30gm Recipe courtesy of Keto*tarian (<https://drwillcole.com/ketotarian/>)