

Dr. Ruby's Creamy Raw Collard Greens

By Ruby Lathon, PhD

This is one of my favorite simple recipes. A big bowl of these greens can be a great dinner or lunch!

Ingredients:

- 2 small bunches organic collard greens, thinly chopped with stems removed
- 1 large avocado, diced
- 1 large tomato, diced

Dressing:

- 1 cup raw almonds (soaked for 10-24 hours and drained)
- 1 yellow or red bell pepper
- 3 cloves of garlic
- ½ lime or juice from ½ lime
- 1 teaspoon cayenne pepper (add ½ to 1 tsp more for really spicy greens)
- 1/2 teaspoon chili powder
- 1.5 tablespoons Braggs Liquid Aminos
- 1-4 tablespoon water (as needed)

Directions:

1. Blend all dressing ingredients in blender until smooth
2. Pour dressing over sliced collard greens and mix until greens are fully coated.
3. Add diced tomato and avocado and gently mix until tomatoes and avocado are well distributed.
4. Serve immediately or refrigerate. Delicious!