

Kale Guacamole Salad Recipe / Kale avocado Salad



Guacamole Kale Salad

Kale Guacamole Salad Recipe / kale avocado salad is a simple, delicious salad made of kale leaves and guacamole. Kale is a super healthy green loaded with vitamins, anti-oxidants and fiber. Also kale helps you to lose weight and prevent heart

diseases. I never knew about this wonderful green before 4 yrs. First I hate it after tasting, as it has got slight bitter taste ☹️ , my husband love kale, so we started cooking lot of recipes with kale. Now I started loving it ☺️ . So I made this kale salad with avocado last week, it was delicious in taste. [Guacamole](#) adds a creamy dressing and almonds adds a little crunch to the salad. Try this kale salad you will love this for sure ☺️

How to make Kale Guacamole Salad Recipe

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Kale Avocado Salad

Kale Guacamole Salad Recipe / Kale avocado Salad



Guacamole Kale Salad

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Prep time

10 mins

Cook time

5 mins

Total time

15 mins

Kale guacamole salad recipe / kale avocado salad is a simple, fresh and delicious salad for summer. Serve them as a dip for veggies or spread in sandwich or with tortilla chips.

Author: Gayathri Ramanan

Recipe type: salad

Cuisine: American

Serves: 2

Ingredients

- 1 cup of kale leaves
- 1 avocado
- $\frac{1}{2}$ onion, chopped
- 1 tomato, chopped
- 1 tsp of Lemon Juice
- 1 tsp of Garlic Powder
- Salt and pepper to taste
- 1 tsp of Coriander Leaves (cilantro), chopped
- 7- 10 Almonds, Chopped
- 1 Tbsp of Vegenaive
- 1 Tsp of Olive Oil

Instructions

1. Heat a pan with olive oil, add kale leaves and salt, sauté it for 2 mins. Keep it aside.
2. In a bowl, add avocado, mash well with your back of your spoon, add chopped onion, tomato, garlic powder, vegemaise, lemon juice, coriander leaves, salt and pepper, sautéed kale, mix well with a spoon to combine.
3. Kale guacamole salad is ready to serve, on the top add some chopped almonds. Eat it with tortilla chips or as a spread in sandwich or burger.

Notes

They are perfect dip for veggies.

Spread it in your sandwich or in burger buns. or as wraps

Serve them with tortilla chips.

If you want, you can add some grated cheddar cheese.



I took this pic in Iphone

Tags: [kale guacamole salad](#), [kale guacamole salad recipe](#), [guacamole salad recipe](#), [kale avocado salad](#), [kale salad](#), [kale salad recipe](#), [kale recipes](#), [recipes with kale](#), [recipes with avocado](#), [guacamole in salad](#), [salad recipes](#), [healthy weightloss salad recipe](#).

Microwave Chocolate Pistachio Fudge Recipe / Easy Chocolate Fudge

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Chocolate Pistachio Fudge

Who doesn't love chocolate in this planet, everyone loves it:-
P Chocolate is a deliciously decadent sweet that makes you relaxed and happy. This microwave chocolate pistachio fudge recipe is made with just 5 ingredients, they are chocolate chips, condensed milk, butter, salt and pistachio. This is actually Nigella Lawson chocolate fudge recipe. In her blog video, she used dark chocolate bar. I got some chocolate chips

in my pantry, I wanted to use that. So I referred this [site](#) and made this easy chocolate fudge with dark chocolate chips. The fudge was so soft, rich and delicious. My husband tasted and said " is it store-bought fudge". Believe me, they are so soft, rich and melt in your mouth. Pistachio gives nutty texture, that really complemented well with the soft, velvety chocolate base. It took only 2 mins to prepare, why are you waiting ? ☺ ☺ Try this very easy fudge recipe, you will love this for sure.

How to make Microwave Chocolate Pistachio Fudge Recipe

Recipe Source : [Yummytummyarthi](#)

Easy Chocolate Pistachio Fudge Recipe



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Prep time

3 mins

Cook time

2 mins

Total time

5 mins

Easy microwave Chocolate Pistachio fudge is a soft and rich

dessert, it just melts in mouth. It is made with 5 ingredients – chocolate chips, condensed milk, butter, salt and pistachio

Author: Gayathri Ramanan

Recipe type: Dessert

Cuisine: American

Serves: 8

Ingredients

- $\frac{1}{2}$ Cup of Semi Sweet Chocolate Chips
- 3 Tbsp of Condensed Milk (Milk Maid)
- 1 Tbsp of Butter
- Pinch of Salt
- 25 Pistachios (Pista), Chopped

Instructions

1. In a cutting board, finely chop the pistachios.
2. Place parchment paper or aluminium foil over the small baking tray or small tiffin box with flat bottom.
3. In a bowl, add chocolate chips, condensed milk, butter and salt, mix well.
4. Microwave it for 1 min. If your chocolate is not melted well, mix well with a spoon, again microwave it for 30 secs.
5. Now add in pistachio and mix well.
6. Pour the mixture into the baking tray and smooth the top.
7. Keep this in freezer for 1 hr.
8. Remove it from the fridge and invert it, peel off the foil and then cut into cubes.
9. Delicious chocolate pistachio fudge is ready to serve.

Notes

You can add any nuts of your choice.

If don't have microwave, heat the sauce pan in stove, melt the mixture, add in pistachio, pour it into a baking tray. Finally freeze it and cut into cubes.

You can also make them with chocolate bars instead of chocolate chips.

Always use small tray because smaller the pan , the more

thicker fudge.



Chocolate Fudge

Tags: [chocolate pistachio fudge recipe](#), [easy chocolate pistachio fudge recipe](#), [chocolate fudge recipe](#), [how to make](#)

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Power Berry Smoothie Recipe / Post Workout Smoothie

Power Berry Smoothie



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I have loved smoothie these days. I wanted to try different smoothie with available seasonal fruits. This power berry smoothie recipe is a delicious and very quick to make

smoothie, they are packed with fruits like blueberries, blackberries, banana and apple. When you sip this smoothie, you feel relaxed and you can enjoy all the flavors. I really like the tartness of berries, sweetness from honey, banana and apple adds creaminess to smoothie. You can have this smoothie for breakfast or as an evening snack. It's a perfect post workout smoothie.

Power Berry Smoothie Recipe / Post Workout Smoothie



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Prep time

5 mins

Cook time

5 mins

Total time

10 mins

Power berry smoothie are packed with blueberries, blackberry, banana and apple. Start your day with this power packed smoothie, also it is a great post workout smoothie.

Author: gayathri ramanan

Recipe type: smoothie

Cuisine: American

Serves: 1 glass

Ingredients

- 25 Blueberries
- 15 Blackberry
- $\frac{1}{2}$ Apple
- $\frac{1}{2}$ Banana
- 3 Tsp of Honey or to taste
- $\frac{1}{2}$ Cup of Milk

Instructions

1. Place all the ingredients in a blender and blend it until it turns smooth.
2. Add honey and mix well with spoon.
3. Pour into a glass and serve for breakfast or as evening snack.

Notes

You can add greek yogurt in place of milk.

Add sugar or agave instead of honey.

For vegan version, add almond milk or soy milk.

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Berry Smoothie

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