

# Healthier Choices

For the kale of it...



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## Kale

### One Powerful Leafy Green

- Cholesterol-lowering benefits
- Cancer risk-lowering benefits (Cancer of the bladder, breast, colon, ovary and prostate)
- Provides comprehensive support for the body's detoxification system
- Over 45 Flavonoids which combine both anti-oxidant and anti-inflammatory benefits



## The Leafy Truth

### Maximum Nutrition For Minimal Calories

Kale is one of the healthiest vegetables around. It may be shredded, chopped or leafy, baked, sautéed or raw when given to your pet. It is however highly recommended to steam the

## Kale Chips

Wash and thoroughly dry kale with a salad spinner, then tear into pieces.

Drizzle with a couple teaspoons of olive oil and toss or massage to coat. Separate your dog's portion from yours.

Sprinkle yours with a pinch of salt. Leave your dog's portion unsalted.

Arrange leaves in a single layer on a cookie sheet or two.

Bake at 350 degrees F until dark green and crispy (not brown or burnt), 12-15 minutes. Let them cool a bit and enjoy with your dog!

