

## *Wakame Hemp Power Slaw*

Serves 4

### Slaw

½ head of green or red kale, ribs removed and leaves torn into bite-size pieces

¼ head red cabbage, cored and thinly sliced

2 scallions, chopped

½ cup dry wakame

½ cup hemp nuts

### Power Dressing

¾ cups Brazil nuts

2 cloves garlic

1 tablespoon grated ginger

1 teaspoon sea salt

¼ cup hemp oil

Juice of 1 lime, about 2 tablespoons

¼ cup water

For slaw, cut or tear kale leaves from stem, and thinly slice leaves. Place in a large bowl with sliced cabbage and scallions.

Rehydrate wakame with a small amount of water for about 15 minutes. Once rehydrated, remove wakame from water, dry off with soft cloth. Cut center rib from wakame and discard. Slice wakame thinly, about ¼ inch thick and about 3 inches long. Add to kale mixture.

To make dressing, in a vita-mix or food processor process nuts, garlic, ginger and salt until mixed well. Add oil, lime, and water, and process until smooth. Scoop into bowl with slaw. Toss well.

To serve, top with hemp nuts.

Tossed slaw will keep for one day. Slaw mix will keep for two days, and dressing will keep for four days in the fridge when stored separately.