

Greens 'n Seeds

Remove the hard stem of a bunch of collard greens and a bunch of kale. Chop into manageable pieces and steam for 10-15 minutes. Drain well. Return to pot and add ½ cup of sunflower seeds and ¼ cup of poppy seeds. Add olive and/or Flax oil, Herbemare or Spike to taste. Toss and serve.

This wonderful dish can be eaten warm or cold as a side or main.