

Hail to the Kale!

Calcium: Important for strong bones and healthy teeth

Vitamin A: Helps with your eyesight!

Vitamin C: Keeps you healthy and prevents sickness

Vitamin K: Helps heal cuts and bruises

Folate: Helps with growth and development

Potassium: Keep the blood pumping to the heart

Recipe Idea: You can even turn kale into delicious chips! Just drizzle some olive oil and salt onto the kale and pop them into the oven until they turn dry and crispy!

