

Dr. Mamiko Matsuda's

Steamed Kale with Vegan Sauce



This month, Society of PEACE member **Mamiko Matsuda** serves up a double-dose of good health with two recipes for steamed kale with vegan sauce. Be sure to also check out her featured recipes for kale smoothies!

Mamiko Matsuda, Ph.D. is a specialist in natural health and healing. She is an international health educator and health consultant. She serves as president of both the Houston Health Association & Natural Hygiene Network (www.orthopathy.net) and the Japan Natural Hygiene Network. As a best-selling author on diet and health, Dr. Matsuda has published many books in Japan. She's also translated the world famous books *Fit For Life* and *The China Study* into Japanese. In addition, Dr. Matsuda is a highly esteemed contributing author on Dr. T. Colin Campbell's **Plant Based Nutrition** website (www.plantbasednutrition.org).

Steamed Kale with Vegan Sauce

Kale with Oriental Walnut Sauce

3 heaping Tbs of chopped walnuts (soak 1~2 hour(s) in water)
1/2 orange (squeezed)
1/2 clove of garlic (minced)
1 or more tsp of Low-sodium tamari (soy sauce)

Blend all the ingredients in a blender and mix with steamed kale.



Kale with California Cream sauce

1/2 cup raw cashew nuts
1/2 cup of soy milk
2 Tbs of onion flakes
2 tsp (or more) of VegeBase Instant Soup Mix by Vogue

Blend all the ingredients in a blender and mix with steamed kale.