

Avocado, Date and Kale wraps

By Kathy Fitzpatrick

This recipe is a treasure discovered while reading [David Wolfe's](#) book, [The Sunfood Diet](#). It's one of the easiest raw recipes i've ever had the pleasure to create! The dates satisfy sweet cravings, the fat from avocados is as filling as it is delicious and the kale is very grounding.

Bon Appétit!

Ingredients:

Pitted dates [[medjool](#) are best, but any will do]

Avocado

Dinosaur Kale

Soak the dates in filtered water 4-6 hours or over-night. The next day, drain water and reserving them for another use. De-stem kale, stuff dates with avocado, wrap up in kale and enjoy! Bon Appétit!

*caution: may be habit forming.

Kathy Fitzpatrick is a writer, activist, intuitive and naturalist who loves to dig in the dirt, eat weeds and grows her own organic herbs and veggies.