



• RECIPES FOR THE •

KALE CRAZE

Easy and Delicious fujiKale Recipes to Help You Get Your Daily Dose of Kale





Super-Convenient Super-Food

We know that life is busy, and getting great nutrition can be a challenge. For decades, fujiKale (known in Japan simply as “Q’SAI kale powder”) has been Japan’s favorite super-food, known for its purity, pleasant flavor, and incredible convenience. Now, families across the USA are discovering how fujiKale makes it easy to incorporate the powerful health benefits of organic kale into everyday life.

At Q’SAI USA, we are committed to your health. fujiKale is grown in organic-only soil, providing the purest kale available - and it’s going to stay that way. Add fujiKale to both your drinks and your food, and live a life full of vitality.

YOUR QUICK-START

How to Use fujiKale



IN A CUP OF YOUR CHOICE:

1. Pour approximately 5 ounces of your favorite beverage - like water, milk or juice - into a cup.
2. Empty one individual packet, or one scoop, of fujiKale into the cup.
3. Mix until the fujiKale is completely dissolved. Enjoy!

WITH THE FUJIKALE SHAKER CUP:

1. Pour your favorite beverage - like water, milk, or juice - into the Shaker Cup, up to the 5 oz. line.
2. Empty one individual packet, or one scoop, of fujiKale into the Shaker Cup.
3. Screw the lid on tightly and shake vigorously until the fujiKale is completely dissolved. Unscrew the lid and enjoy your fujiKale straight from your Shaker Cup!

ADD IT TO

Yogurt
Smoothies
Ice Cream
Soups
Salsa
Eggs

MIX IT WITH

Water
Juice
Sports Drinks
Mashed Potatoes
Salads

COOK WITH IT

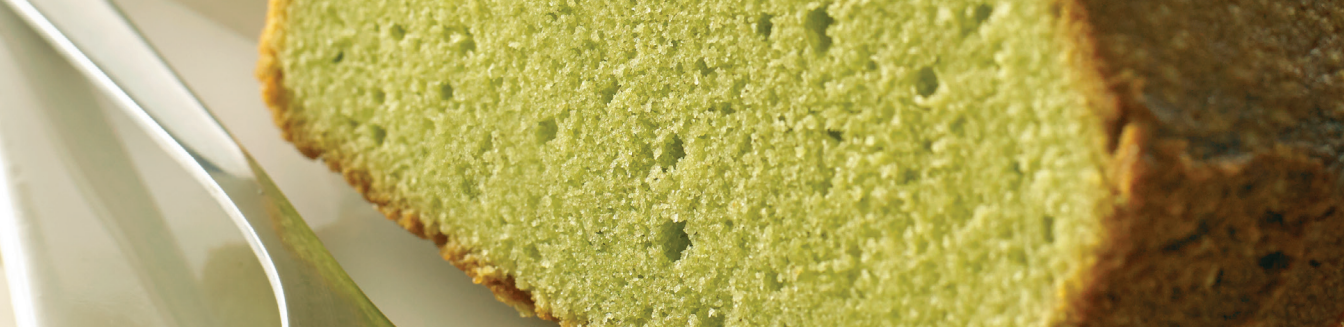
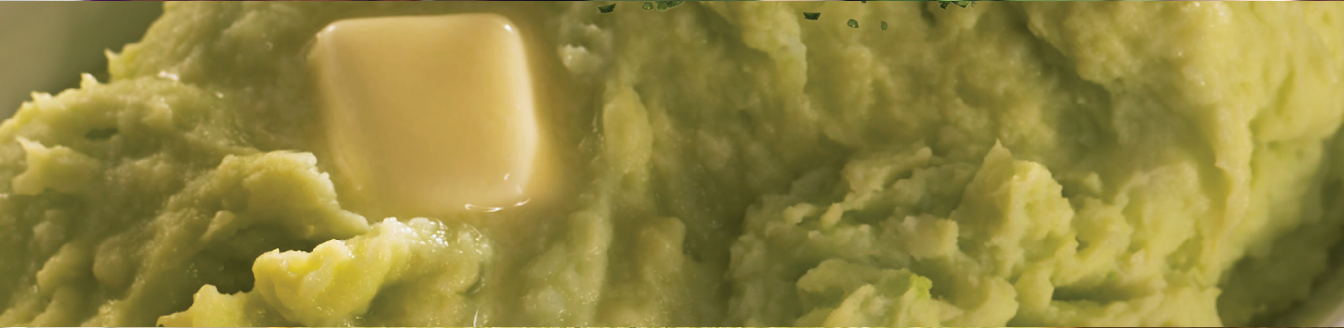
Cookies
Bread
Meatballs
Brownies
Pancakes
Mac & Cheese
Lasagna

BREAKFAST

LUNCH

SNACKS

DINNER



DRINKS & SMOOTHIES

• NUTRITIOUSLY DELICIOUS REFRESHERS •

Original fujiKale Green Drink

INGREDIENTS:

SERVINGS: 1

- 1 scoop or packet (1 teaspoon) fujiKale
- 5 ounces pure water

DIRECTIONS:

Place water and fujiKale in your fujiKale Shaker Cup, close the lid tightly and shake vigorously until the fujiKale is totally dissolved. Enjoy!

BREAKFAST

• GREAT DAYS BEGIN WITH KALE •





Baked fujiKale Chicken Strips

- ½ pound chicken breast, cut into strips**
- 1 egg, lightly beaten**
- 1 cup panko breadcrumbs**
- 1 tablespoon fujiKale**
- 1 tablespoon garlic powder**
- 2 teaspoons salt**

DIRECTIONS:

1. In a small bowl combine fujiKale and panko breadcrumbs.
2. For breading, place the beaten egg on one plate and the fujiKale panko on another plate.
3. Dip each chicken strip first in the egg, then in the panko, and place it on a wire rack over a baking sheet. (The rack allows baking of all sides of the chicken strip. If you don't have a rack, place the chicken strips directly on a baking sheet and turn them halfway through the baking time.)
4. Sprinkle the garlic powder and salt across the chicken strips.
5. Bake the chicken strips at 400 degrees for about 10 minutes, then increase the heat to 450 degrees and bake for another 10 minutes.
6. Serve warm with fujiKale Ranch Dressing (see page 21).

Green Lentil Soup

INGREDIENTS:

- 1 pound dried lentils
- 8 cups water
- 3 tablespoons fujiKale
- 1 cup chopped celery
- 1 cup chopped onion
- 1½ cups chopped carrots
- ¼ teaspoon ground thyme
- 1 pinch cayenne pepper
- 1 bay leaf
- Salt and pepper

SERVINGS: 8

DIRECTIONS:

1. Wash lentils by placing them in a large bowl and covering them with cool water. Gently move the lentils around the bowl, letting the water touch all the lentils. The water will become murky. Strain the water and repeat this process until the water stays clear.
2. Put all ingredients in large pot, bring to boil, then reduce heat and simmer until lentils are tender, about 40 minutes.
3. If desired, blend batches of the soup in a blender until all is smooth.
4. Season with salt and pepper and enjoy!



Irish Potato Soup

INGREDIENTS:

- 4 large potatoes, peeled and very roughly chopped
- 2 medium carrots, peeled and very roughly chopped
- 1 large onion, very roughly chopped
- 5 cups chicken broth
- ¾ cup heavy cream or whole milk
- 1 teaspoon minced garlic
- 1 teaspoon butter
- 1 bay leaf
- 1 teaspoon dried thyme, chopped
- 2 tablespoons fujiKale
- 1 tablespoon fresh parsley, chopped
- Salt and pepper to taste
- 1 tablespoon cornstarch (optional)

SERVINGS: 4-8

DIRECTIONS:

1. In a large pot on medium heat, melt butter and add garlic. Cook for just a minute. Add onions, carrots and potatoes and cook another minute until mixed well.
2. Add broth, bay leaf and thyme, cooking over medium heat until all the vegetables are soft, about 15 minutes.
3. Remove the bay leaf and blend the soup using either an immersion blender or by transferring the soup to a regular blender. If using a regular blender return the soup to the pot.
4. Add fujiKale, parsley, heavy cream, salt and pepper.
5. If you prefer a thicker soup, in a separate bowl mix a bit of water with the cornstarch to make a "slurry", add it to the soup, bring it to a medium boil and let it thicken.



DS Caesar Spinach Salad *with Nutty fujiKale Parmesan*

SALAD INGREDIENTS:

- 1 bunch organic fresh baby spinach**
- ½ cup cashew butter**
- 1-2 garlic cloves, grated**
- 1-2 tablespoons lemon juice**
- 1 teaspoon Dijon mustard**
- 1 tablespoon fujiKale**
- 2 tablespoons olive oil**
- Himalayan sea salt to taste**
- White pepper to taste**

NUTTY FUJIKALE PARMESAN INGREDIENTS:

- ½ cup pine nuts**
- ¼ cup nutritional yeast**
- 1 teaspoon fujiKale**
- ½ teaspoon sea salt**

SERVINGS: 2

DIRECTIONS:

1. Thoroughly rinse and drain spinach leaves and set aside.
2. Place all remaining salad ingredients in blender and blend until smooth and creamy. Toss with spinach.
3. In a nut and spice grinder or a food processor fitted with an s-blade, place all Nutty fujiKale Parmesan ingredients together and pulse 10-12 times until it reaches a flaky consistency.
4. Top each salad serving with Nutty fujiKale Parmesan. Store extra Caesar dressing or Nutty fujiKale Parmesan in the refrigerator for up to 5 days.

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