

Edamame Garlic Spread

ingredients

1 lb frozen organic edamame pods*

1 clove garlic

olive oil

salt

pepper

**unless you can find fresh!*

directions

Boil edamame pods twice as long as the package directions (six minutes should do it). Adding salt to the water will make your beans more flavorful. When the beans are done, drain and then shell your beans onto a flat plate.

Roughly mash shelled edamame beans with a fork. Smash the garlic clove, add to your beans and mash some more. Salt to taste, add a drizzle of olive oil, and mash to incorporate. When finished, transfer to a pretty bowl, drizzle more olive oil on top and top with freshly ground black pepper.



a gentler and *happier* approach to health