



Superfat Collard Greens

Active Time: 5 minutes | **Total Time:** 5 minutes | **Serves:** 4

Nutrition Information Per Serving

61.8 calories, 0.28 g carbohydrate, 0.18 g fiber, 0.1 g NET carbs, 0.12 g protein, 7.02 g fat

Ingredients

- 4 leaf(s) collard greens
- 2 Tbsp(s) coconut oil
- 1/4 tsp(s) sea salt

Preparation

1. Roll collard leaves and slice to make a chiffonade.
2. Add oil to a large skillet and heat over medium high heat.
3. Add the collards and cook, stirring, 2 minutes.
4. Season with sea salt and serve.

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