



uhealth

Lemon Tahini Dressing by Cara Marrs, RD

Ingredients:

- 2 cloves garlic, finely chopped
- 3 Tbsp. extra virgin olive oil
- 2-3 lemons juiced (to taste)
- 2 Tbsp. nutritional yeast
- ½ cup sesame tahini
- ¼ cup water as needed
- Salt and pepper to taste

Instructions

1. Mix all ingredients in a food processor
2. Add the ¼ cup water as needed (dependent on use for dressing and how much lemon juice you use)
3. Serve as a dressing or dip, will keep for up to 7 refrigerated

Curry Spice Mix

Ingredients

- 2 tbsp ground coriander
- 2 tbsp ground cumin
- 2 tsp ground ginger
- ½ tsp black pepper
- 1 ½ tsp turmeric
- 1 tsp cinnamon
- ½ tsp cardamom
- 1 tsp ground mustard seed
- ½ tsp cayenne pepper (optional)

Instructions

- Mix well and store in a glass jar in your spice cabinet