



The Wholeness Chef

Tahini Dressing

This dressing is great for anyone that is suffering with depression, anxiety, migraines or sleep concerns. It is also excellent for pregnant moms to consume due to the really high mineral content. It's also really tasty!

– Dr. Mary Rondeau | The Wholeness Chef

Ingredients:

1/2 cup Organic Roasted Tahini
2-3 Garlic Cloves, roughly chopped
1/3 cup Organic Lemon Juice
1/4-1/2 cup Warm Water
3/4 tsp Sea Salt/ Celtic Salt or Redmond Real salt

Directions:

1. Add tahini and water to a food processor and blend until smooth. Tahini is roasted sesame seed paste. You can find it at any grocery store.
2. Add garlic, lemon juice and salt. Blend until smooth.
3. Transfer to a dish and enjoy with vegetables, crackers, or as a salad dressing.