OVEN ROASTED BABY POTATOES WITH SPINACH & SAVORY DRESSING

A great meal or side dish

Preheat oven to 425F

Place 8-10 (depending on how hungry you are) baby potatoes and 4 chopped garlic cloves on a baking tray lined with parchment paper.

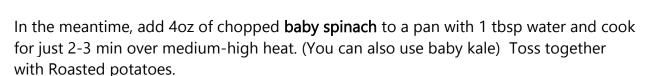
Coat them with 2 tsp olive oil

1/2 tsp. pink Himalayan salt

1/2 tsp garlic powder

1 pinch **ground pepper**.

Bake for 30 minutes



DRESSING

2 Tbsp **tahini**

1 1/2 Tbsp nutritional yeast

½ tsp. Ginger

1 Tblsp. Maple Syrup

1 Tblsp. Toasted sesame oil

½ tsp. Sea Salt

up to 3 tbsp water (I usually start with 1 tbsp water and then add more if need be depending on the consistency of the tahini).

Add all to blender until smooth

Serve everything in a bowl with 1 cup halved **grape tomatoes**. Top with chopped **cilantro**.





DOLE WHIP DELICIOUS AND HEALTHY DESERT

No sugar, no dairy

1 ½ C frozen pineapple

½ C pineapple Juice

½ C unsweetened
almond milk

½ tsp. vanilla

Blend until really smooth and frothy Makes 1 large appetite serving, or 2 small