

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

In the meantime, add 4oz of chopped **baby spinach** to a pan with 1 tbsp water and cook for just 2-3 min over medium-high heat. (You can also use baby kale) Toss together with Roasted potatoes.

DRESSING

2 Tbsp **tahini**

1 1/2 Tbsp **nutritional yeast**

1/2 tsp. **Ginger**

1 Tblsp. **Maple Syrup**

1 Tblsp. **Toasted sesame oil**

1/2 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