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Tangy Tahini Salad Dressing (serves 12)

FLT (per serving): 2 oils

Per 2 tbsp. per serving: 117 calories, 1 g carbohydrates, 1 g protein, 12 g fat

½ cup extra virgin or light olive oil
¼ cup sesame tahini
2 to 3 tbsp. apple cider vinegar
½ lemon (juiced)
2 tbsp. reduced sodium natural soy sauce
2 tbsp. water
1 tsp. dried dill
1 tsp. dried chives, optional
Mixed greens

Combine all ingredients in a bottle with a tight lid and shake well. Pour over greens and toss well. Will keep for up to 2 weeks, refrigerated. Shake before each use.