

RECIPE



This Creamy Tahini Dressing is a versatile and flavorful addition to any meal. Made with tahini, fresh lemon juice, and garlic, it's the perfect blend of creamy, tangy, and savory flavors. Use it as a salad dressing, dip, or drizzle over roasted vegetables, grains, or protein for an extra boost of flavor and nutrition.

Creamy Tahini Dressing

Yield: Serves 4

Ingredients

Pancakes:

- 4 Tbsp. tahini paste
- 6 Tbsp. water
- 2 medium lemons, juiced (about 3.5 oz lemon juice)
- 2 medium garlic cloves, peeled
- ½ tsp. sea salt
- 1 pinch white ground pepper

Instructions

Blend: Combine all the ingredients in a blender and blend until smooth and creamy.

Store: Transfer to an airtight container and refrigerate for up to 7 days.

Serve: Use as a salad dressing, dip, or drizzle over roasted vegetables, grain bowls, or grilled proteins. In a blender, combine all the ingredients and blend until smooth and creamy.

Yours to Artful Eating,

Patricia Shani

C H E F



IG @Chef4us1
Site chef4us.wixsite.com/chef4us
Mail patricia@chef4us.com
Cel +1 954 913 0880

RECIPE



Health Benefits of these Pancakes:

- Rich in Healthy Fats: Tahini provides heart-healthy unsaturated fats that support cardiovascular health.
- High in Antioxidants: Lemon juice and garlic are packed with vitamin C and compounds that boost immunity and fight inflammation.
- Bone Health Support: Tahini is a great source of calcium, magnesium, and phosphorus for strong bones.
- Digestive Aid: Garlic promotes gut health and provides antimicrobial benefits.

Yours to Artful Eating,

Patricia Shani

C H E F



IG @Chef4us1

Site chef4us.wixsite.com/chef4us

Mail patricia@chef4us.com

Cel +1 954 913 0880