



## *Lime Vinaigrette\**

This versatile vinaigrette is a star when it comes to increasing your vegetable intake to Gaining SLIM™. Alternate your flavours by changing to lemon or orange for a delicious burst of citrus. A wonderful recipe from the Food Revolution Network.

### **INGREDIENTS**

- ¼ cup tahini
- ¼ cup lime juice (freshly squeezed)
- 1 small garlic clove (optional)
- 1 tbsp Dijon mustard (or brown mustard)
- 1 tbsp maple syrup or date paste
- ¼ tsp salt (optional)
- ⅛ tsp pepper (optional)
- water, as needed – approx. ¼ cup+

### **METHOD**

1. Add all ingredients to a blender or food processor and blend until creamy and smooth.
2. Add ¼ cup water & then 1–2 tablespoons of water at a time to reach the desired consistency.
3. Taste for additional ingredients of choice such as tahini\* for creaminess and nutty flavor, lime juice for tart, or Dijon for tang.

Tahini is relatively calorie dense & it is a healthy source of fat but should be used in moderation. Fat is 9 cal/gram regardless of its source.

**WATCH:** To learn about the benefits of a plant based diet for health & weight loss, watch **PLANTWISE** a wonderful short documentary you can watch from your computer for free. Check it out here: <https://www.adventhealth.com/plantwise-documentary>

**\*RECIPE CREDIT:** <https://foodrevolution.org/recipes/lime-vinaigrette/>