

# Brussel Sprout Salad

WITH  
LEMON TAHINI DRESSING



PORTION: 1 cup  
SERVES: 4

SUPERFOOD

## INGREDIENTS

1/4 cup	Seasame Paste (Tahini)	3 Tbsp	Cold Water
2 Tbsp	Lime Juice, Fesh	1/2 tsp	Cracked Black Pepper
1 Tbsp	Dijon Mustard	3 cups	Sliced Brussel Sprouts
2 tsp	Apple Cider Vinegar	1 cup	Shredded Carrots, Fresh
1/2 tsp	Crushed Garlic Cloves, Fresh		

## METHOD

1. Thoroughly mix lemon juice, vinegar, water, tahini, and mustard together in a large bowl. Add the garlic and pepper. Set aside.
2. Add the Brussels and carrots into the same bowl. Toss to coat the salad.

## NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
150	9	1.5	15	6	5	140