

# Recipe for



## Sesame Seed Dressing

SERVES 1

PREP TIME/TOTAL

TIME Approx 5 min/ 10 min

### NUTRITION INFORMATION

Total Calories 462

Fat 32 g

Protein 12.4 g

Carbohydrates 22 g

Fiber 5 g

### INGREDIENTS

3 tbsp raw sesame seeds

1/3 cup of raw cashews

1 tbsp lemon juice

2 cloves of fresh garlic minced

1 tbsp nutritional yeast

1 tbsp mustard

1 tbsp low sodium soy sauce

1/2 cup water

### DIRECTIONS

Place everything in high speed blender and blend until smooth.