



## **Fresh Salad with Tahini Avocado Dressing**

*Nothing is better than a salad with fresh vegetables: arugula, carrots, cucumber, bell pepper and tomatoes. Topped with tahini avocado dressing, this vegan salad is a great addition to a lunch or dinner or to simply have as is.*

### **Recipe**

*Yields 1 large serving or two small servings (side dish)*

### **Ingredients**

- 1 large carrot, shredded
- 4 cups arugula
- 1/2 cup cucumber, diced
- 1/2 cup tomato, diced
- 1/2 cup bell pepper, diced
- 1/4 cup raw almonds, chopped
- 1 tablespoon raw sesame seeds

### **Avocado Tahini Dressing**

- 1 tablespoon tahini
- 1/2 avocado
- 1 teaspoon tamari
- 1 teaspoon raw apple cider vinegar
- 1/2 teaspoon garlic powder
- 1/4 cup water (or more)

### **Method**

1. Dice and shred vegetables and place in a medium sized bowl.
2. In a small bowl, mash avocado until smooth and combine with tahini, raw apple cider vinegar, tamari, and garlic powder.
3. Add water and stir. Continue to add water if you desire a thinner dressing.
4. Pour over salad and serve.