

## Creamy Spicy Tahini Salad Recipe



Most people think a salad like this one is exactly the kind of food you can't eat if you have acid reflux. But in fact, this is exactly the kind of food you **SHOULD** be eating if you want to kick your reflux problem for good!

On Thursday, I'll share the 10 worst foods that make acid reflux more severe – plus what to do instead – so be on the lookout for that if you're one of two Americans (can you believe half of you reading this article has suffers from reflux in one way or another!)

who suffer from heartburn and indigestion.

This spicy salad is full of in-season alkaline veggies and topped with a dressing that you're going to absolutely love. It's perfect for hot summer nights, as well as weekday lunches.

So give it a try and let me know what you think over on [Facebook](#).

### CREAMY SPICY TAHINI SALAD

Ingredients [Serves 4]

#### Salad

- 1 head of romaine lettuce or large bunch of kale
- 1 cucumber, sliced or chopped
- 1 tomato, diced
- Optional: 1 red or yellow bell pepper, sliced or diced

#### Dressing

- ¼ cup onion, chopped
- ¼ cup filtered water + 1/8 cup filtered water
- 4 tbsp. tahini
- 1 tsp. shoyu or gluten-free tamari or Braggs Liquid Aminos
- 1 tsp. lime juice, fresh squeezed
- 1 tsp. paprika
- ¼ tsp. coriander
- ¼ tsp. cumin
- ¼ tsp. black pepper
- ¼ tsp. Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)
- ¼ tsp. chili powder



1 date

Optional: 1/8 tsp. cayenne pepper

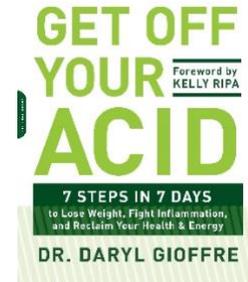
### Directions

Place dressing ingredients in a blender and blend at high speed. In a mixing bowl, combine dressing with romaine or kale, tomato, cucumber, and pepper.

Serve and enjoy!

Want more recipes like this one?

My Amazon best-selling book, [\*Get Off Your Acid: 7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health and Energy\*](#), is full of recipes (65 of my most delicious, healthy, and easy-to-make), tips, and ideas to take you from an acidic, inflammatory diet and lifestyle, to one filled with life and energy!



**Kelly Ripa, who wrote the Foreword, had this to say:**

“What I like most about Dr. Daryl’s method is that it’s not a ‘diet’ but more of a lifestyle change. There’s no counting calories or limiting portion sizes, only a new awareness of ‘alkaline eating.’



Once you learn the difference between alkaline and acidic ingredients, you will know what to eat and will be able to benefit from keeping this balance in your bodies.

**“Whether your goal is to lose weight, sleep deeper, feel more rested, think more clearly, or boost your energy, this plan will get you there...”**