

## **Curried Cauliflower Bites With Cilantro Dip**

### **Prep time:**

10 minutes

### **Cooking time:**

25 minutes

### **Yields:**

4 servings

### **Ingredients:**

- 1 head cauliflower, cut into bite sized florets
- 1 tablespoon melted coconut oil
- 1 tablespoon lime juice
- 2 teaspoons curry powder
- ¼ teaspoon cumin powder
- ¼ teaspoon coriander powder
- ¼ teaspoon turmeric
- ¼ teaspoon cayenne powder
- ½ teaspoon salt

### For the Cilantro Dip

- 1/3 cup tahini
- 2 cloves garlic, minced
- 1/2 cup fresh cilantro
- 1/4 cup water
- 1 tbsp apple cider vinegar
- 1 teasp fresh lemon juice
- salt and pepper to taste

### **Directions:**

- Preheat your oven to 425 degrees. Line a baking sheet with parchment paper.
- Place the cauliflower florets in a medium sized bowl and pour over the oil and lime juice and toss to coat.
- Combine all the remaining ingredients in a small bowl and mix them together. Pour the spices over the cauliflower and toss well so that each piece is evenly coated.

Place the cauliflower on the prepared baking sheet and bake in the preheated oven for 30 minutes, turning halfway.

- While the cauliflower is baking, make the cilantro dip. Combine all the cilantro dip ingredients in a blender and blend until smooth.
- Serve the cauliflower with the cilantro dip on the side for dipping or drizzle on top.

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June Health and Wellness

**Prep time:**

10 minutes

**Cooking time:**

18 minutes

**Yields:**

9 servings

**Ingredients:**

1 1/2 cups black beans (1 15-oz can, drained and rinsed very well)  
2 tbsp cocoa powder  
1/2 cup gluten-free quick oats  
1/4 tsp salt  
1/2 cup maple syrup  
1/4 cup melted coconut oil  
2 tsp pure vanilla extract  
1/2 tsp baking powder  
2/3 cup chocolate chips

**Directions:**

Preheat oven to 350 F. Combine all ingredients except chips in a food processor, and blend until completely smooth. Really blend well. Stir in the chips, then pour into a greased 8x8 pan. Optional: sprinkle extra chocolate chips over the top. Cook the black bean brownies 15-18 minutes, then let cool at least 10 minutes before trying to cut. If they still look a bit undercooked, you can place them in the fridge overnight and they will magically firm up! Makes 9-12 brownies. To avoid contempt prior to investigation have some fun and let your friends and family try them before revealing the secret ingredient!

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