

# Selah V. Fitness - Recipes

## **LOW FAT FRENCH FRIES**

### INGREDIENTS

1 large Baking Potato or Sweet Potato  
1 Tbs. Olive Oil  
1/2 tsp. Paprika  
1/2 tsp. Garlic Powder  
1/2 tsp. Chili Powder  
1/2 tsp. Cumin  
1/2 tsp. Onion Powder  
Salt and Pepper to taste

### DIRECTIONS

Preheat oven to 450 degrees F. Cut potato into wedges. Mix olive oil, paprika, garlic powder, chili powder and onion powder together. Coat potatoes with oil/spice mixture, place on a baking sheet.

Bake for 45 minutes in preheated oven.

## **VEGAN, SOY-FREE, NUT-FREE, YELLOW "MAYO"**

### INGREDIENTS

1/2 c. Lite Coconut Milk  
1/2 c. Coconut Oil (not melted)  
1/4 c. Sunflower Seed Kernals  
1/2 tsp. Salt  
1/4 tsp. Turmeric  
2 Tbs. Olive Oil  
3 1/2 Tbs. Apple Cider Vinegar

### DIRECTIONS

Blend milk, coconut oil, sunflower seeds, salt and turmeric on high for 1-2 minutes in high powered blender. While blender is still running, pour in olive oil and vinegar. Continue to blend for another minute until all is smooth and creamy.

Pour into bowl and refrigerate.