

Tahini sauce 3 ways

Prep: 35 mins
Cook: 15 mins
Serves: 6
GF, DF & V

Tahini is made of sesame seeds which are high in iron and contain magnesium, zinc and some B vitamins. They're also a beautiful source of good fats. Tahini is a great carrier for so many flavours. The sauces will keep in the fridge for up to two weeks. Note: For each tahini sauce recipe, blend all the ingredients together until desired consistency. Add a splash more water for a runnier consistency.

Green Tahini

- 3 tbsp hulled tahini
- 1 tsp apple cider vinegar
- 2 lemons, juiced
- 1 clove of garlic
- Salt and pepper to taste
- 1 tbsp agave syrup
- 1 cup fresh herbs (e.g. parsley, chives, coriander, mint, dill)
- ½ cup water

Turmeric Tahini

- 3 tbsp hulled tahini
- 2 lemons, juiced
- 1 tsp apple cider vinegar
- 1 clove of garlic
- ½ cup water
- 2 tbsp agave syrup
- 1 tsp powdered turmeric
- Salt and pepper to taste

Lemon Tahini

- 3 tbsp hulled tahini
- 2 lemons, juiced
- 1 clove of garlic
- ½ tsp apple cider vinegar
- 1 tbsp agave syrup
- ½ cup water
- Salt and pepper to taste

