



Makes 1½ cups

Preparation Time: 10 minutes

Cook Time: 30 minutes

INGREDIENTS:

½ cup tahini

¼ cup lemon juice

3 cloves garlic, minced

Sea salt and freshly ground
black pepper, to taste

Tahini Dipping Sauce

This basic sauce is very kid-friendly. Serve it with Couscous Bowls or other bowl creations, or as a dipping sauce for fresh veggies. If you want to add a little zing, stir in ¼ cup fresh tarragon or chives.

Recipe from Forks Over Knives Family.

By Darshana Thacker Wendel

- 1** In a blender combine ½ cup water, the tahini, lemon juice, and garlic. Cover and blend until smooth, thinning with additional water, 1 tablespoon at a time, if needed to reach pouring consistency.
- 2** Season with salt and pepper. Chill at least 30 minutes before serving.