



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Creamy Tahini Dressing

¼ c. EVOO

¼ C. tahini (I use Trader Joe's organic)

2-3 tbsp. lemon juice, to taste

2 tsp. Dijon mustard

2 tsp. maple syrup or honey

½ tsp fine sea salt

Freshly ground Pepper, to taste

2 tbsp ice cold water, more as needed (I always use at least twice this amount

In a liquid measuring cup or jar, combine the olive oil, tahini, 2 tbsp lemon juice, mustard, maple syrup, salt, and several twists of black pepper. Whisk until thoroughly blended.

Add the cold water and whisk again. The dressing should be remarkable creamy. Taste, and add more lemon juice (for zing) and pepper if desired. If your dressing is too thick to drizzle, whisk in more cold water, 1 tbsp at a time.

Dressing will keep well in the refrigerator, covered, for about 1 week. It may thicken with time; simple thin it with a little more cool water as needed.

Makes ~¾ cup, serving size 2 Tbsp each

Recipe credit to Chopra.com

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