

Garlic Tahini Sauce / Dressing

Yield: 2 ½ cups

Ingredients:

¾ cup tahini
3 cloves garlic, minced
1 ½ tablespoons nutritional yeast
2 ½ tablespoons tamari
3 tablespoons lemon juice
1 ¼ cups water (start with less and add additional depending on thickness desired)

1 tablespoon toasted sesame oil

Directions:

Blend tahini, garlic, nutritional yeast, tamari lemon juice and water (start with ½ the amount) until smooth. Slowly drizzle the toasted sesame oil with the blades turning to blend completely and emulsify your dressing or sauce.

Notes:

The amount of water added will determine if your mixture is a sauce or dressing.