**Tahini Dressing**

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If the dressing is good, thou shalt eat thy veggies!

Having said that, store-bought varieties may taste good, but the ingredients are far from ideal, often laden with sugar, preservatives, processed oils and other nasties. You’ll love having a homemade salad dressing on hand for whenever you’re about to tuck into some veggies. It not only saves time, but also makes it possible to munch through a lot more veggies. Use it drizzled on salad, steamed broccoli, baked sweet potato, crumbed eggplant or as a dip with wholesome crackers or veggie sticks.

Tahini is made from sesame seeds and delivers healthy fats, calcium, vitamins and minerals. Enjoy.

***Ingredients***

1/3 cup hulled tahini paste  
4 tablespoons (80ml) lemon juice  
1 garlic clove, grated  
A handful of roughly chopped parsley leaves   
A pinch or two of sea salt  
100ml filtered water

1 tsp of honey (optional)  
1 tablespoon extra virgin olive oil

***Method***

Combine all the ingredients in a small food processor and process until smooth. Adjust to taste and desired consistency.