**A logo with green and blue leaves

Description automatically generated**

**Homemade Tahini**

1 cup 5 oz toasted sesame seeds, hulled are best (See below for toasting instructions)

3 to 4 Tbs of olive oil, avocado oil or coconut oil

Pinch of salt, optional

**Directions:** Tahini Paste – Place sesame seeds in a food processor until a crumbly paste forms, about 1 minute. Add 3 tablespoons of oil then process for 2 to 3 minutes more. Scrape the bottom and sides of the food processor a couple times. Seeds will become smooth, not gritty. The paste should be pourable. You may need to process for another minute or add the additional tablespoon of oil. Salt to taste – process for another 5 seconds. Store in fridge, oil may separate from paste, stir before using.

Add some ZING! You can get very creative with this base! Try the following or add your own spices!

½ cup of homemade tahini

¼ cup lemon juice

2 cloves of garlic (roasted garlic is an option too)

¼ cup water

¼ tsp paprika

Salt and pepper to taste

Blend together with a mixer, chill and serve.