

Chef Reilly's

TAHINA YOGURT DIP

Ingredients

- 1 cup Low Fat Yogurt (or try Soy Yogurt or Soy Sour Cream)
- 2 tablespoons Tahina
- 1 - 2 Lemon (fresh juice)
- 1 - 2 garlic clove (crushed)
- 1/2 teaspoon ground cumin
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon fresh Dill (optional in dip)
- 2 tablespoon water (optional for thinning sauce)

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This ones easy here, are the Directions:



Combine all the ingredients (except water) in a bowl and mix together. If you would like a thinner sauce you can add the water.



Serve over your favorite vegetable, salad or Falafel sandwich! GREAT ON VEGIE BURGERS TOO!

Serve with Pita bread or
use as a dipping sauce for
vegetables.

-Chef Reilly

