

The Picky Pantry – Episode #6

Hey there! I miss cooking for you all at the Family Place.

Join my son, Ty, and I for a cooking adventure from our house.

This week we will make **Tahini Lemon Sauce (you can put that stuff on anything!)**

- 1/3 cup tahini
- 1/3 cup nutritional yeast
- 1/3 cup olive oil
- 1/3 cup
- 1-2 cloves are garlic

- Cauliflower, Broccoli or greens to pour sauce over

Or use it as a spread with falafel balls or use it as a dip for carrots or use it as a dressing for tabboulehendless possibilities

Put everything in the food processor and blend away until smooth.

Makes 1 cup of sauce (or more)

****Pantry hint...if you don't have tahini but do have sesame seeds simply soak the seeds in water (fill container until seeds are just covered) for a few hours or overnight and then dump the whole thing into the food processor in place of tahini – you have just made homemade tahini!!**