



LEMON TAHINI HERB DRESSING

Makes about $\frac{3}{4}$ cup

Our salad dressings are among the most requested Ashram Kitchen recipes! Gracing our daily salad bar, the dressings are the perfect finishing touch to bowls layered with garden fruits and vegetables, sprouts, pickles, nuts and seeds. All four of our classic dressings will be featured in the cookbook. Here is a sneak peek at one of our favourites!

INGREDIENTS

- 2 tbsp (30 g) tahini
- 2 tbsp (30 ml) fresh lemon juice
- 1 tbsp (15 ml) apple juice
- 1 tsp (5 ml) cider vinegar
- 1 tbsp packed, finely chopped, soft dates, about 1 date
- $\frac{1}{2}$ tsp salt
- $\frac{1}{8}$ tsp ground cumin
- $\frac{1}{4}$ tsp dried dill
- A few grinds black pepper
- 3 tbsp (45 ml) water, plus more if needed
- 3 tbsp (45 ml) olive oil or avocado oil
- 1 tbsp finely chopped fresh parsley
- 1 tbsp finely chopped fresh cilantro, basil, and/or mint

METHOD

In a highspeed blender, combine the tahini, lemon juice, apple juice, cider vinegar, dates, salt, cumin, dill, black pepper and 3 tablespoons of water. Blend until completely smooth.

With the blender running on low, slowly add the oil and blend until emulsified.

Pour the dressing into a bowl or jar and stir in the chopped fresh herbs by hand. Do not blend the herbs.

If needed, thin with additional water, a teaspoon at a time, to reach a smooth, pourable consistency. Adjust seasoning if desired.

Storage

Store in a sealed jar in the refrigerator for up to 5 days. The dressing will thicken as it chills; loosen with water or lemon juice before using.

HEALING SPREAD