



## Tahini Dressing

I love this poured over salad as an alternative to **French dressing** or **Mayo**.

Even better is to pour it over **Hot steamed vegetables** - steam about 3 or more different types to get textural variety. It is also good on **Jacket potato** or **Baked sweet potato**.

Half cup of Tahini  
 zest and juice of a lemon  
 1 tbs olive oil  
 1 crushed garlic clove  
 ½ tsp cumin seeds or powder  
 ½ tsp paprika  
 ¾ cup water

Put everything in a blender and blitz.  
 Keeps well for a week in the fridge.



## Basic classic Salad Dressing

Easy peasy - don't ever buy french dressing again!

A million different variations can be done by changing choice of oil, vinegar or juice, selection of herbs and ratios. I have even made one with gooseberry jam - long ago before I cut sugar out!

### Ingredients

½ - 1 crushed garlic clove (optional)  
 Lemon juice or vinegar (or lime juice, orange juice etc)  
 Olive oil or any oil combo  
 salt and pepper to taste

### Optional extras -

Fresh or dried herbs  
 ½ teaspoon or more of honey/agave syrup

Ratio: 1 part lemon juice/ vinegar to 3 parts oil

Put it all in a food mixer and blitz if you like a really creamy texture, or just shake it all together in a screw topped jar that you can keep the dressing in. Stores well in jar.



## Sunflower Seed pate

2 cups of soaked (4 hours or overnight) Sunflower seeds (also great using Walnuts, also soaked)

1 or more tablespoons cider vinegar or lemon juice

2-3 spring onions, chopped (optional) (or 1/2 - 1 leek or onion)

sea salt

1 cup or more of chopped herbs, such as basil, parsley, oregano etc or 1 tsp of dry (or curry powder or any other seasoning of choice)

**Optional** - 1 tbs tomato puree

Put all ingredients into a food processor and blitz until the texture you like - can be coarse or smooth.

Also good for spreading on lettuce leaves for salad wraps or for a stuffing in vegetables like tomatoes and peppers, or just with some crackers.

Keeps well for several days in a sealed container in the fridge.

