

savory tahini sauce | 1 SUPER FOOD & READY IN 5 MINUTES

*Make this while the beans and quinoa are cooking. It keeps refrigerated for up to one week, so you can make extra for another meal.

Ingredients: (makes 1 1/2 cups)

1/2 cup **tahini**

1/4 cup water

3 tablespoons lemon juice

2 tablespoons tamari

2 tablespoons maple syrup

1-2 cloves of garlic, minced

pinch of cayenne (to taste)

directions:

1. In a bowl briskly whisk together the tahini and water until combined. It will look separated at first: just keep whisking!
2. Add remaining ingredients and whisk until combined.
3. Adjust flavors to your taste. Add additional water if you want it thinner.
4. Serve with the buckwheat and greens.

QUICK PREP	★★★★★
EASY PREP	★★★★★
NUTRITION	★★★★★
ECONOMICAL	★★☆☆☆

nutrients:

Very high in calcium and b vitamins which promote healthy cell growth and division, including red blood cells which help prevent anemia, increase metabolism, enhance immune and nervous system function, maintain healthy skin and muscle tone, and protects against pancreatic cancer when consumed in food.

Go to www.HealthyAlterEgo.com and search on "Healthy Food Experience" to find all HFE recipes.