

# Creamy Tahini Dressing

By: Rachelle Mathios

## Ingredients:

- ¼ cup sesame tahini (mixed well)
- 2 tbsp lemon juice
- 1 tbsp soy sauce or ½ teaspoon sea salt
- 1 clove garlic, minced
- 1 tbsp fresh dill, minced or 1 tsp dry dill (to taste)
- 3-4 tbsp water for consistency, start with less

## Preparation:

1. Whisk the ingredients together in a bowl, adding water gradually until you achieve the consistency you desire.
2. Store in refrigerator for up to 2 weeks
3. Stir before serving to reconstitute the thickened tahini. You might need to add more water after it's been in the fridge for a couple days.

Rachelle Mathios, NBC-HWC © WholeLife Health & Wellness, LLC. All rights reserved.

INSTAGRAM [@rachelle.mathios](#) EMAIL [rachelle.mathios@](mailto:rachelle.mathios@wholelife.blog)

[wholelife.blog](#) FACEBOOK [@WholeLife Hub](#)