Creamy Garlic Tahini Sauce

EASY • 5 MINS

You'll want to add this sauce to EVERYTHING. The creamy Greek Yoghurt and Tahini create liquid gold, with the honey, lemon and garlic balancing out into a melody of flavours.



SKILL LEVEL	PREP TIME	SERVINGS
Easy	5 mins	4-6 as a dressing or sauce

Ingredients

- 3 tablespoons tahini
- 2 tbsp Capilano Pure Honey
- 1 cup Greek-style yogurt

Method

1. In a medium bowl, combine tahini and honey and mix until smooth – add a teaspoon of the yoghurt of lemon juice to assist. Gradually add yoghurt, lemon juice, olive oil to mixture until a smooth sauce is formed. Add garlic, salt, pepper and mix well.

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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- 2 tbsp lemon juice
- 1-2 tbsp extra virgin olive oil
- 1 tsp or whole clove garlic, crushed
- Salt and pepper, to taste

Method

2. Store in a jar or airtight container for up to 14 days.

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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