Creamy Garlic Tahini Sauce

EASY • 5 MINS

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



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

Ingredients

- 3 tablespoons tahini
- 2 tbsp Capilano Organic Raw 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 yogurt or lemon juice to assist. Gradually add yogurt, 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



Organic Raw Honey

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste
Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic
This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

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

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