

# Tahini (How To Make)

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**Yield: 16 one tablespoon servings**

*2 cups hulled white sesame seeds*

*1 to 2 tablespoons avocado or olive oil*

**Preparation Time: 10 minutes**

**Cook Time: 10 minutes**

Preheat the oven to 350 degrees. Arrange the sesame seeds on a bare baking sheet.

Bake for 10 minutes or until slightly golden brown (being careful not to burn).

Remove from the oven and let cool for 5 minutes. Add to a food processor and blend until smooth, adding avocado or olive oil to encourage blending. The amount of oil that you need will depend on the freshness of your sesame seeds and the power of your food processor.

Scoop into a jar or sealed container. Store in the refrigerator for up to 3 to 4 weeks.

Add tahini to your favorite hummus, salad dressing, dips, sauces, falafel and more.

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Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .