

TAHINI MUSTARD SAUCE

INGREDIENTS:

1/2 cup	Tahini
1/2 cup	Fresh Lemon juice
3 tbsps	Dijon mustard
1 tbsp	Tamari Soy Sauce
2 tsps	Garlic, minced
1 tbsp	Parsley, chopped
1/3 cup	Agave Nectar

METHOD:

- Combine all ingredients in a food processor.
- Puree until smooth.

Serves: 12

Serving Size: 2 ounces

Calories: 90

Fat: 5 grams

Sodium: 110 milligrams

Carbohydrate: 10 grams

Protein: 2 grams

