

Carrot-Tahini Dip

Ingredients:

- 1 lb. carrots, peeled and halved crosswise
- 1/2 cup tahini
- 3 tablespoons fresh lemon juice
- 2 cloves garlic
- 3 ice cubes
- 1/4 cup nutritional yeast flakes, optional but adds a cheesy flavor
- 1 teaspoon smoked paprika or cumin
- Extra-virgin olive oil, to garnish
- 2 tablespoon toasted, chopped walnuts, to garnish
- 1 tablespoon pomegranate seeds, to garnish
- Salt and pepper to taste

Veggies to serve: cauliflower florets, red pepper slices, endive dippers

Directions:

1. Bring a medium saucepan of water to a boil. Add carrots and cook until tender, about 10 minutes.
2. Drain and transfer the carrots to a blender along with tahini, lemon juice, garlic, and ice. Season with salt, paprika and pepper and purée until smooth.
3. Spoon into a bowl and garnish with a drizzle of olive oil, walnuts, and pomegranate seeds.

Makes about 2-1/2 cups.