



TAHINI CUCUMBER SALAD

SERVES: 2-4

TOTAL TIME: 5 MINUTES

GF V VE DF

INGREDIENTS

- 60g **tahini**
- 2 tbsp **lemon juice**
- 1 tbsp **warm water**
- 2 large **Lebanese cucumbers**, sliced
- 1 tbsp **black sesame seeds**

INSTRUCTIONS

In a small bowl, mix the tahini, lemon juice and water. If the consistency is too thick add another tbsp of water.

Lay cucumber slices on a serving plate, drizzle tahini dressing all over and sprinkle with black sesame seeds.

MACROS PER PORTION

CALORIES	118	PROTEIN	3
CARBS	4	FATS	10
FIBRE	2		