



TAHINI ROASTED CARROT DIP



INGREDIENTS

ITEM

- Carrots, Peeled and Sliced
- Garlic-infused Olive Oil
- Tahini
- Fresh Lemon Juice
- Smoked Paprika
- Cumin
- Water, Plus More if Needed
- Chopped Green Onion Tops
- Salt and Pepper, to Taste

QUANTITY

- 1½ Cups
- 1 Tbsp.
- 1½ Tbsp.
- 1 Tbsp.
- ½ Tsp.
- ¼ Tsp.
- 2 Tbsp.

SERVING SIZE

6



PREPARATION

- ✔ Preheat oven to 400°F.
- ✔ Place sliced carrots on a baking sheet and toss with garlic-infused olive oil.
- ✔ Roast for 20–25 minutes until carrots are soft and lightly caramelized.
- ✔ Allow carrots to cool slightly.
- ✔ Add roasted carrots, tahini, lemon juice, smoked paprika, cumin, water, green onion tops, salt, and pepper to a food processor.
- ✔ Line a baking tray with parchment paper.
- ✔ Spread Greek yogurt evenly into a thin layer.

- ✔ Top with berries and almonds, pressing lightly.
- ✔ Freeze 2–3 hours until solid.
- ✔ Break into pieces and store frozen.
- ✔ Blend until smooth and creamy.
- ✔ Add additional water, 1 tablespoon at a time, if needed to reach your desired dip consistency.