



## TAHINI CARROT SPREAD

- ½ cup tahini
- 1 tablespoon white or yellow miso
- 1 tablespoon water
- 1 cup carrots (about 3-4 large)
- 1 clove garlic
- 1 teaspoon tamari
- 1 tablespoon vinegar (rice or other)
- 1 scallion or green onion (optional)

Grate carrots and chop scallion/green onion by hand or by food processor.  
In a food processor mix miso, tahini, garlic, water, tamari and vinegar until evenly mixed.  
Combine remaining ingredients. Serve with crackers or as a sandwich spread.

When doubling the recipe I recommend using less than double the tahini, to cut the fat content.