

Here's the raw food recipe for Baba Ganoush:

Raw Baba Ganoush

1 Large Eggplant
3 Tablespoons Tahini
Juice of 1 Large Lemon
2 Cloves Garlic
2 Chopped Scallions
1 Tablespoon Chopped Parsley
1-2 Teaspoons of Olive Oil
Sea salt to taste

Peel and slice the eggplant into medallions and freeze overnight. In the morning, take the eggplant out and let it defrost. Once it's defrosted, add all ingredients into your food processor or Vitamix. Blend or process to desired consistency. Serve with raw veggies, crackers or whatever else you like!

Try chipotle pepper or mesquite powder to give it a little smoked flavor. 😊

The tip about the frozen raw eggplant came from

Live Awesome!
Kev