

Tomato Sauce and Veg. Dip

15 Servings

Prep 0:10 Cook 0:00 Stand 0:00 Total 0:10

Delicious with Falafil, great on steamed veggies, Sandwiches. Spices up many otherwise bland foods.

- 2 6 oz. cans tomato Paste, or**
- 1/2 cup tomato puree**

- 6 ounces olive oil, Cold pressed not processed**
- 3 cloves garlic**
- 1/2 whole onion, Chopped**
- 1/2 whole fresh lemon, peeled of yellow, deseeded**
- 2 teaspoons sesame seeds**
- 2 teaspoons flax seeds**
- 3 teaspoons lecithin, granules**
- 1/2 teaspoon salt or herbal salt substitute**

Blend all of this thoroughly together in blender. If too thick to blend add more lemon juice or purified water. Put in pint jar and store in frig.

Source: Evan

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Amount Per Serving

Calories 136 Calories from Fat 106

Percent Total Calories From:

Fat 78% Protein 4% Carb. 18%

Nutrient	Amount per Serving	% Daily Value
Total Fat	12 g	18%
Saturated Fat	2 g	8%
Cholesterol	0 mg	0%
Sodium	94 mg	4%
Total Carbohydrate	6 g	2%
Dietary Fiber	0 g	1%
Sugars	0 g	
Protein	1 g	

Vitamin A 13% Vitamin C 23% Calcium 0% Iron 5%