

Homemade Tahini

Betty Brown, Clinical Ayurvedic Specialist

Makes total of 1 cup, 2 Tbsp. = serving

Ingredients

2 cups hulled white sesame seeds (you may also buy toasted sesame seeds)

1.5 tbsp olive oil

(use small amounts of warm water to thin it to the consistency you want)

Instructions

- Gently toast the sesame seeds (stirring constantly) on medium low for 5 minutes, or until slightly golden. Then, let them cool to room temperature.
- Once the sesame seeds have cooled, add them to your Vitamix (or any high speed blender) or a food processor. Blend on high for one minute, using the tamper to push the seeds into the blades, creating a tahini paste.
- Add the olive oil and blend for another minute to create a creamy consistency. May add warm water to thin it to your desired consistency.

Notes

- The recipe makes approximately 2 cups of tahini.
- Store in homemade tahini in refrigerator for 5-7 months. May freeze tahini, but only do so in small quantities to avoid re-freezing.
- Ayurveda and Tahini:
 - Sesame seeds (*sesamum indicum*):
 - Taste (rasa): sweet, astringent
 - The qualities (gunas) are hot, heavy, has scraping effect, hot potency,
 - Balances Vata and Kapha doshas, may increase Pitta dosha
 - Strengthens immune system, improves digestion (dipanas), good for skin, improves memory, supports nervous system, builds bones and muscle, rejuvenating,

References:

Sesame and Sesame Oil Benefits-Total Ayurveda Details

<https://www.easyayurveda.com/2011/02/24/sesame-and-sesame-oil-benefits-total-ayurveda-details/>

Sesame Oil Health Benefits and Uses:

<https://www.banyanbotanicals.com/info/ayurvedic-living/living-ayurveda/herbs/sesame-oil>

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