

# Aunt Carol's Healthy Homemade Sandwich Spread

***Looking for a way to spice up that sandwich, but doctor telling you to lay off the mayo? Try this healthy sandwich spread as a substitute.***

## **Ingredients:**

- 1/2 cup tahini
- Bunch of parsley, rinsed and stems removed
- Juice of 1/2 lemon
- 4 large garlic cloves
- 2 tbsp olive oil
- 2 tbsp soy sauce or tamari

## **Directions:**

1. Run all ingredients through a blender, scraping down the sides frequently.
2. Blend until smooth. The recipe makes a little over a cup.



For more information visit:  
[WWW.MAGNAWELLNESS.COM](http://WWW.MAGNAWELLNESS.COM)

**GOOD** for you  
Health and Wellness  
for Magna Employees

**MAGNA**