

## VeraVia Baba Ganouj

### Ingredients:

1 Globe Eggplant, with holes pierced in skin to avoid explosion

2 cloves garlic, minced

2 tbsp. Lemon Juice

2 tbsp. Tahini

½ bunch parsley, fine chopped

Salt and pepper

Optional: pinch of stevia or tiny drizzle of honey

### Method:

1. Roast eggplant at 375 F oven for about 25-30 minutes or until skin blackens and flesh softens. Let cool.

2. Peel skin and discard.

3. In food processor place garlic, lemon juice, tahini and parsley and pulse to combine. Add eggplant and mix until desired consistency.

4. Season with salt and pepper and adjust flavors if necessary by adding more lemon or tahini. If the mixture is too bitter you can add a little pinch of honey or stevia.