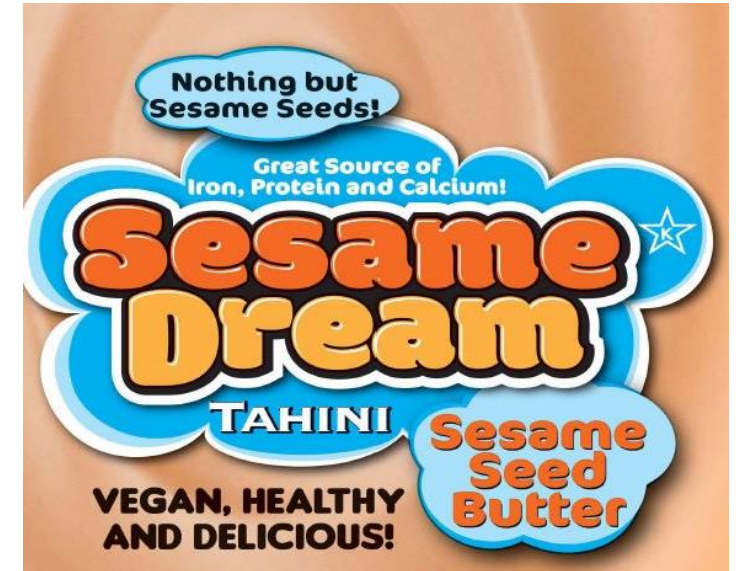


What Is Sesame Dream Tahini “Sesame Seed Butter”?

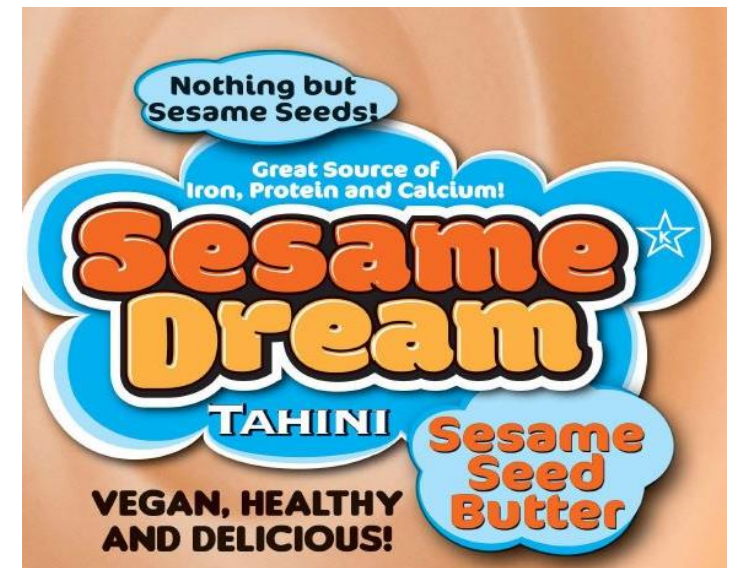
Sesame Seed Butter is simply a paste made from ground sesame seeds. It can be mixed with other ingredients like garlic and olive oil to make savory sauces, or even added to sweet dishes to balance flavor and add nutrients.

Tahini is made from toasted hulled sesame seeds, which are grounded to make tahini paste. The paste is then mixed with a neutral-flavored oil to create a creamier texture.



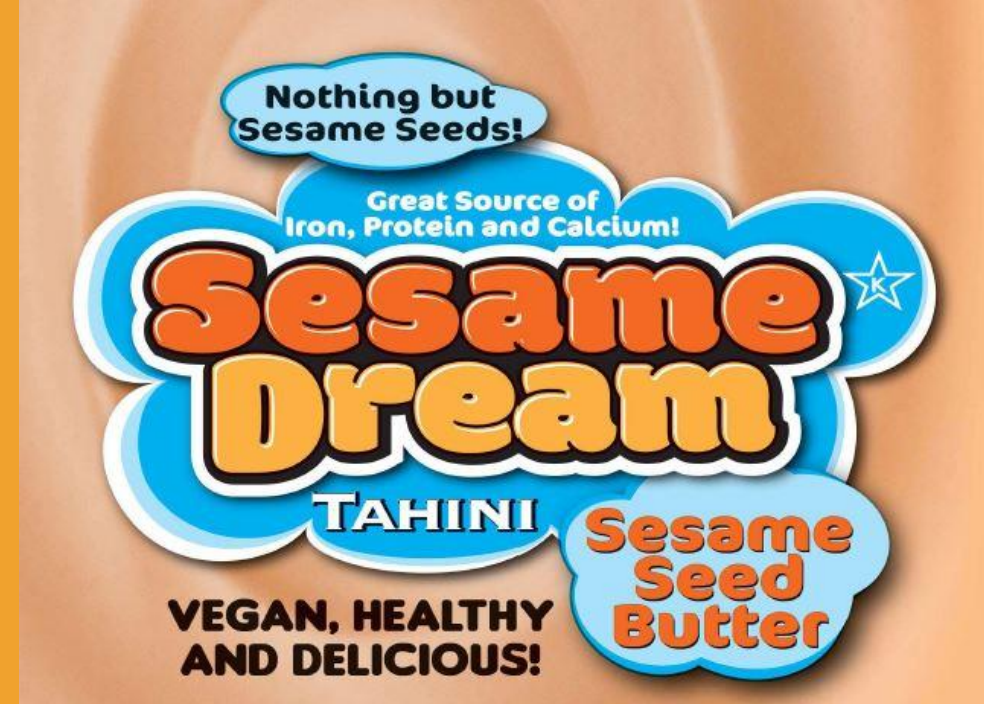
Is **Sesame Seed Butter** Healthy?

The plant-based condiment is full of nutrients like copper, iron, magnesium, and zinc. Tahini is also a great source of protein and fiber: two tablespoons of tahini contain 5 grams of protein and 3 grams of fiber. It's low in sodium and saturated fat. Tahini is dairy free, gluten free, and is an alternative to nut butter.



What Does **Sesame Seed Butter** Taste Like?

Sesame Seed Butter tastes like its source ingredient is sesame seeds. Tahini has a savory, bitter, and nutty flavor profile. It is high in fat content and has an oily consistency. Tahini is typically made from hulled white sesame seeds and is light in color. It can also be made from un-hulled black sesame seeds, which produces darker tahini.



“10” Surprising Benefits of Sesame Seed Butter

1. Highly nutritious

Tahini is full of healthy fats, vitamins, and minerals. In fact, just 1 tablespoon (15 grams) provides more than 10% of the Daily Value (DV) for some nutrients.

One tablespoon (15 grams) of tahini contains the following:

Calories: 90 calories

Protein: 3 grams

Fat: 8 grams

Carbs: 3 grams

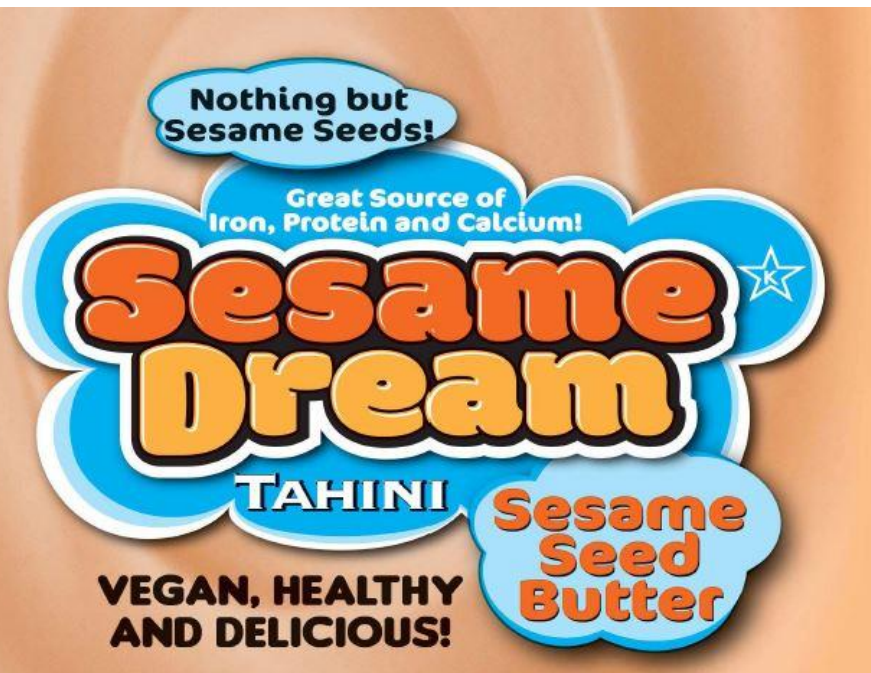
Fiber: 1 gram

Thiamine: 13% of the DV

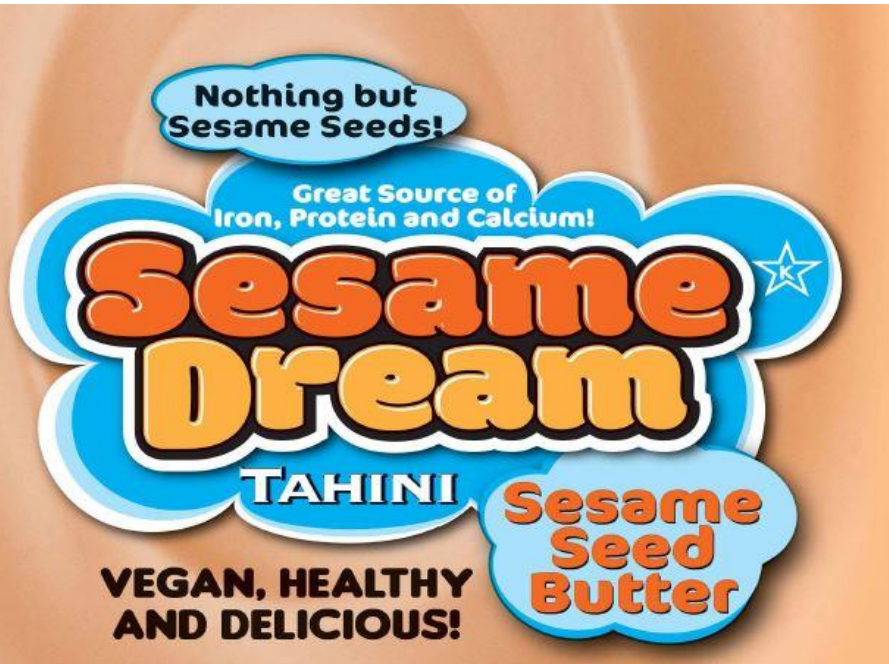
Vitamin B6: 11% of the DV

Phosphorus: 11% of the DV

Manganese: 11% of the DV



“10” Surprising Benefits of Sesame Seed Butter



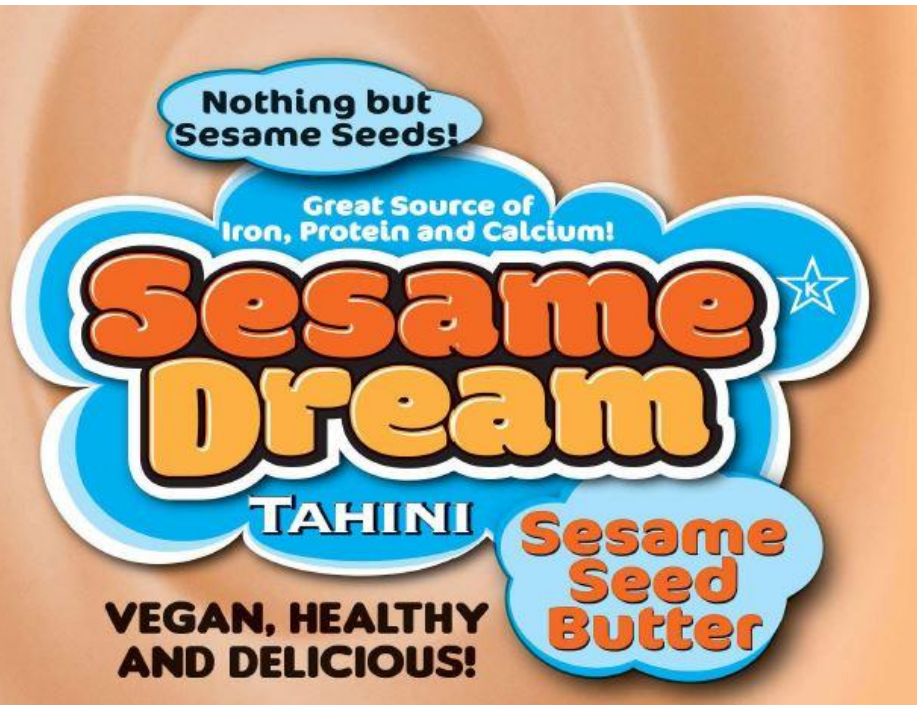
2. Rich in antioxidants

Tahini contains antioxidants called lignans, which help prevent free radical damage in your body and may reduce your risk of disease.

Free radicals are unstable compounds. When present in high levels in your body, they can damage tissues and contribute to the development of diseases, such as type 2 diabetes, heart disease, and some cancers.

Tahini is particularly high in the lignan sesame, a compound that has shown promising antioxidant potential in some test-tube and animal studies. For example, it may decrease your risk of cancer and protect your liver from free radical damage.

“10” Surprising Benefits of Sesame Seed Butter



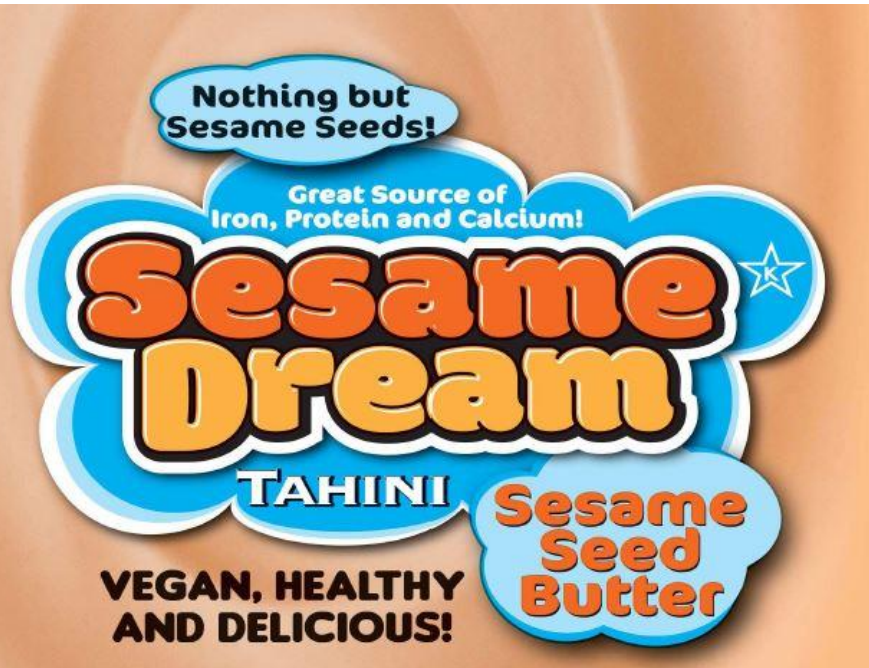
3. May decrease your risk of certain diseases

Consuming sesame seeds may decrease your risk of certain conditions, such as type 2 diabetes and heart disease. Doing so may also lower your risk factors for heart disease, including high cholesterol and triglyceride levels.

One study in 50 people with knee osteoarthritis found that those who consumed 3 tablespoons (40 grams) of sesame seeds daily had significantly reduced cholesterol levels, compared with a placebo group.

Another 6-week study in 41 people with type “2” diabetes found that those who replaced part of their breakfast with 2 tablespoons (28 grams) of tahini had significantly lower triglyceride levels, compared with a control group.

“10” Surprising Benefits of Sesame Seed Butter



4. May have antibacterial properties

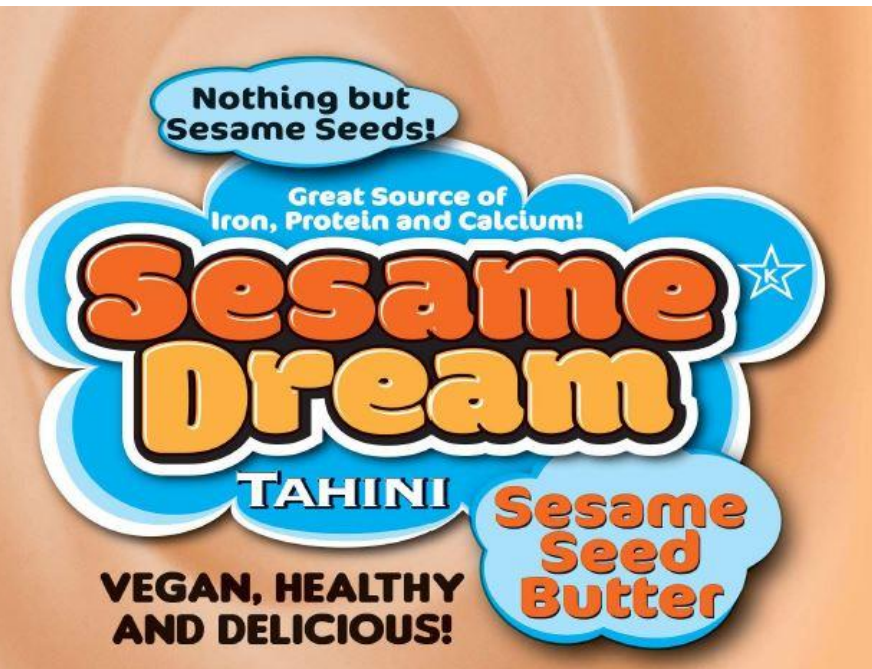
Tahini and sesame seeds may have antibacterial properties due to the powerful antioxidants they contain.

In fact, in some Central European and Middle Eastern countries, sesame oil is used as a home remedy for foot wounds associated with diabetes.

In one study on the antibacterial capacity of sesame seed extract, researchers found that it was effective against 77% of the drug-resistant bacterial samples tested.

Furthermore, one study in rats observed that sesame oil helped heal wounds. Researchers attributed this to the fats and antioxidants in the oil.

“10” Surprising Benefits of Sesame Seed Butter



5. Contains anti-inflammatory compounds

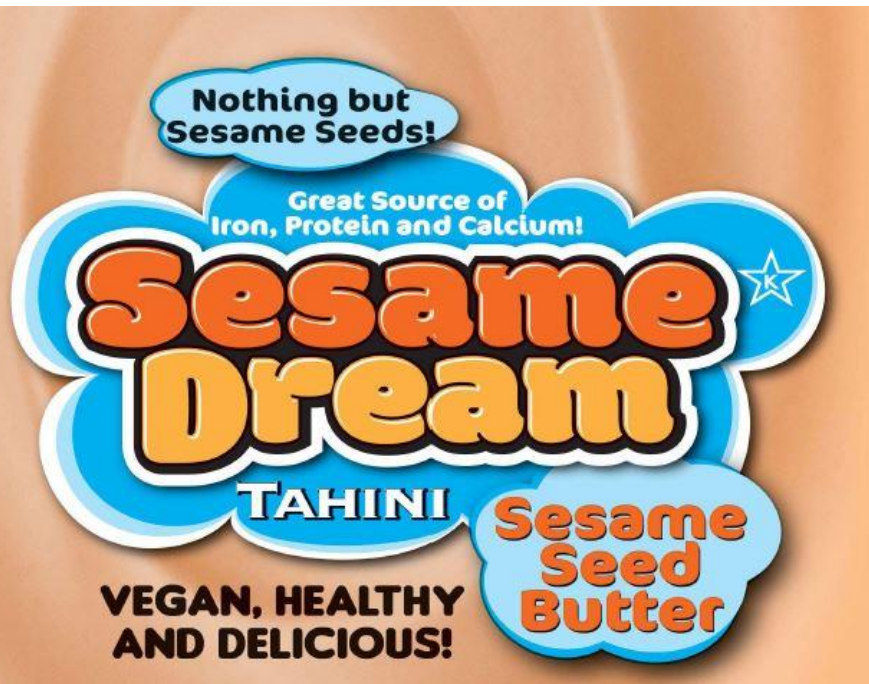
Some compounds in tahini are highly anti-inflammatory.

Although short-term inflammation is a healthy and normal response to injury, chronic inflammation can damage your health.

Animal studies have discovered that sesamin and other sesame seed antioxidants may ease inflammation and pain related to injury, lung disease, and rheumatoid arthritis.

Tahini contains these powerful antioxidants, but in much smaller amounts

“10” Surprising Benefits of Sesame Seed Butter



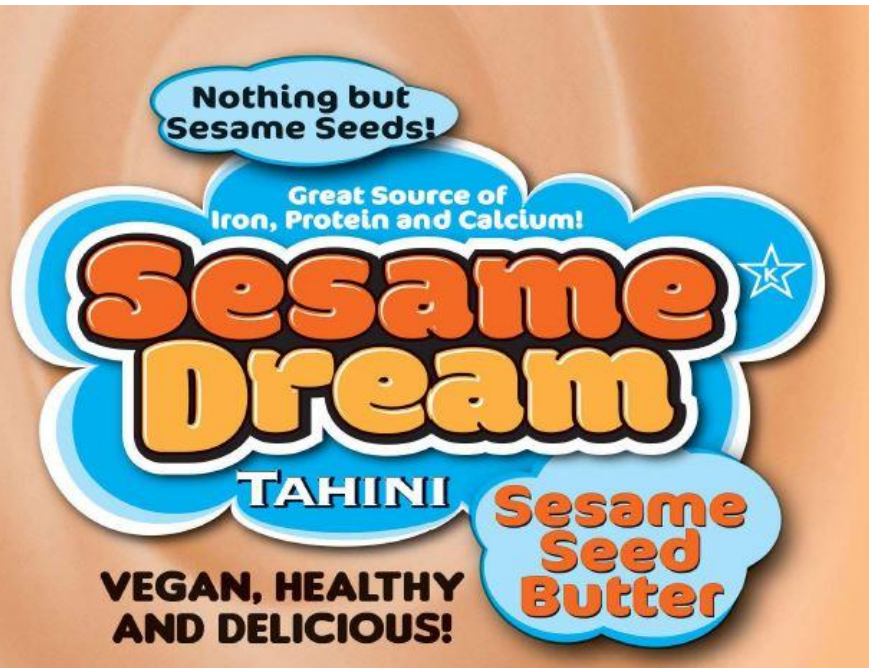
6. May strengthen your central nervous system

Tahini contains compounds that may improve brain health and decrease your risk of developing neurodegenerative diseases like dementia.

In test-tube studies, sesame seed components have been shown to protect human brain and nerve cells from free radical damage.

Sesame seed antioxidants can cross the blood-brain barrier, meaning they can leave your bloodstream and directly affect your brain and central nervous system.

“10” Surprising Benefits of Sesame Seed Butter



7. May offer anticancer effects

Sesame seeds are also being researched for their potential anticancer effects.

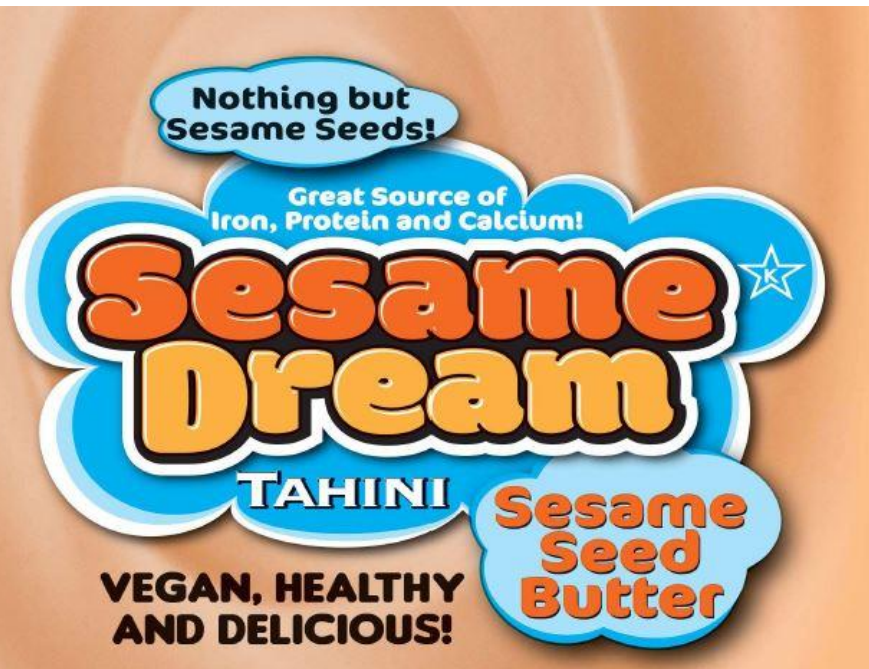
Some test-tube studies have shown that sesame seed antioxidants promote the death of colon, lung, liver, and breast cancer cells.

Sesamin and sesamol the two major antioxidants in sesame seeds have been studied extensively for their anticancer potential.

They both may promote the death of cancer cells and slow the rate of tumor growth. In addition, they are thought to protect your body from free radical damage, which may decrease your risk of cancer.

Although the existing test-tube and animal research is promising, more studies in humans are needed.

“10” Surprising Benefits of Sesame Seed Butter



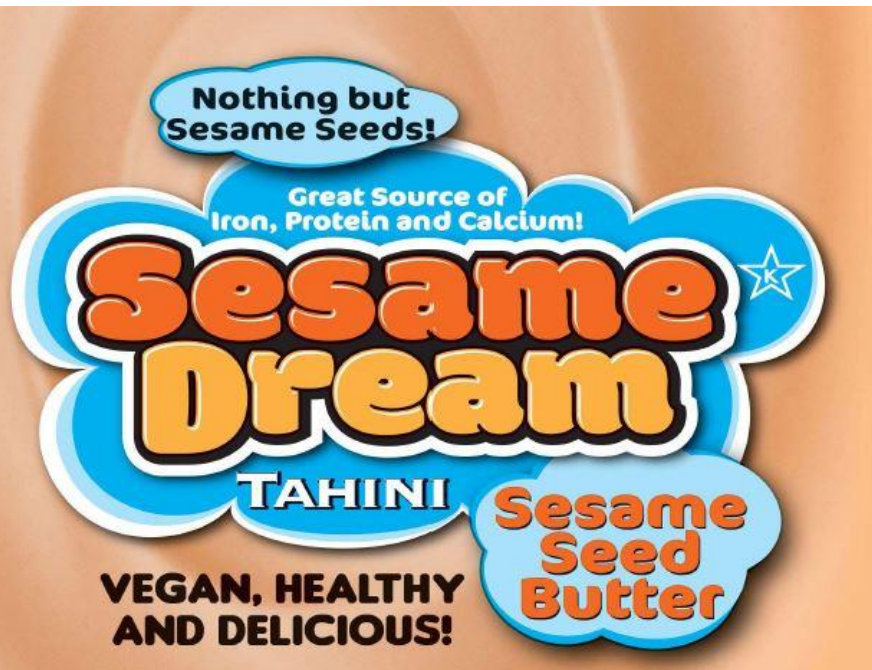
8. Helps protect liver and kidney function

Tahini contains compounds that may help protect your liver and kidneys from damage. These organs are responsible for removing toxins and waste from your body.

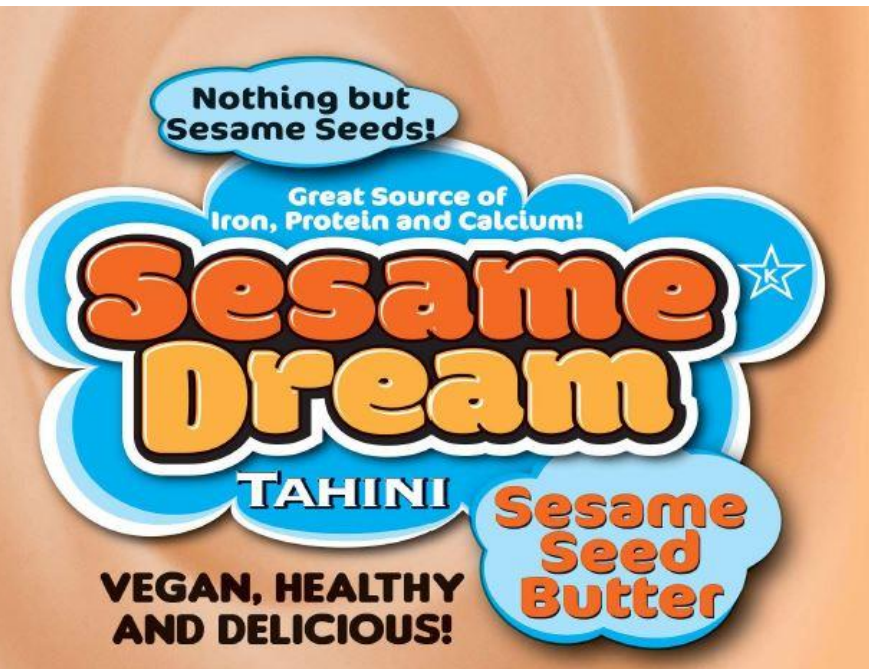
“10” Surprising Benefits of Sesame Seed Butter

9. Easy to add to your diet

Tahini is easy to add to your diet. It's well known as an ingredient in hummus, but it also makes an excellent stand-alone spread or dip for pita bread, meat, and vegetables. You can also add it to dips, salad dressings, and baked goods



“10” Surprising Benefits of Sesame Seed Butter



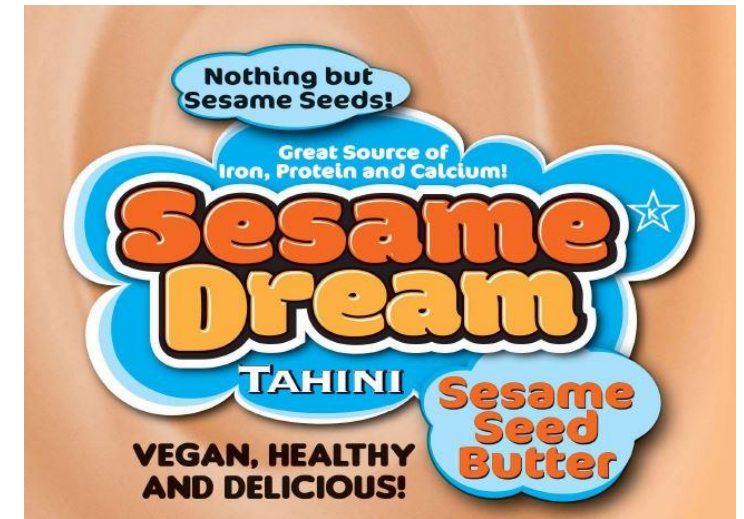
10. Pregnancy Power

A paste made from sesame seeds, tahini contains all of sesame's nutrients, including healthy oils called omega-6 fatty acids. A few tablespoons of tahini contain more than 6 grams of the fats, which are required for proper cell integrity and healthy nervous and immune system function.

Proper development of your milk glands, placenta, and uterus is also dependent on having sufficient levels of healthy fats in your body. Tahini is also a good source of thiamin, phosphorus, copper and manganese, all key to your baby's healthy development.

How to make Sesame Seed Butter Sauce

- Place crushed or minced garlic (with salt), tahini paste, and lime juice (or lemon juice to the bowl or a food processor bowl then blend.
- Tahini sauce will first get thick as it emulsifies. Add a little bit of water at a time and blend again until you reach the desired consistency like salad dressing. Taste and adjust salt.
- Transfer to a serving bowl and stir in fresh parsley. Serve with warm pita, a side of veggies and olive oil.

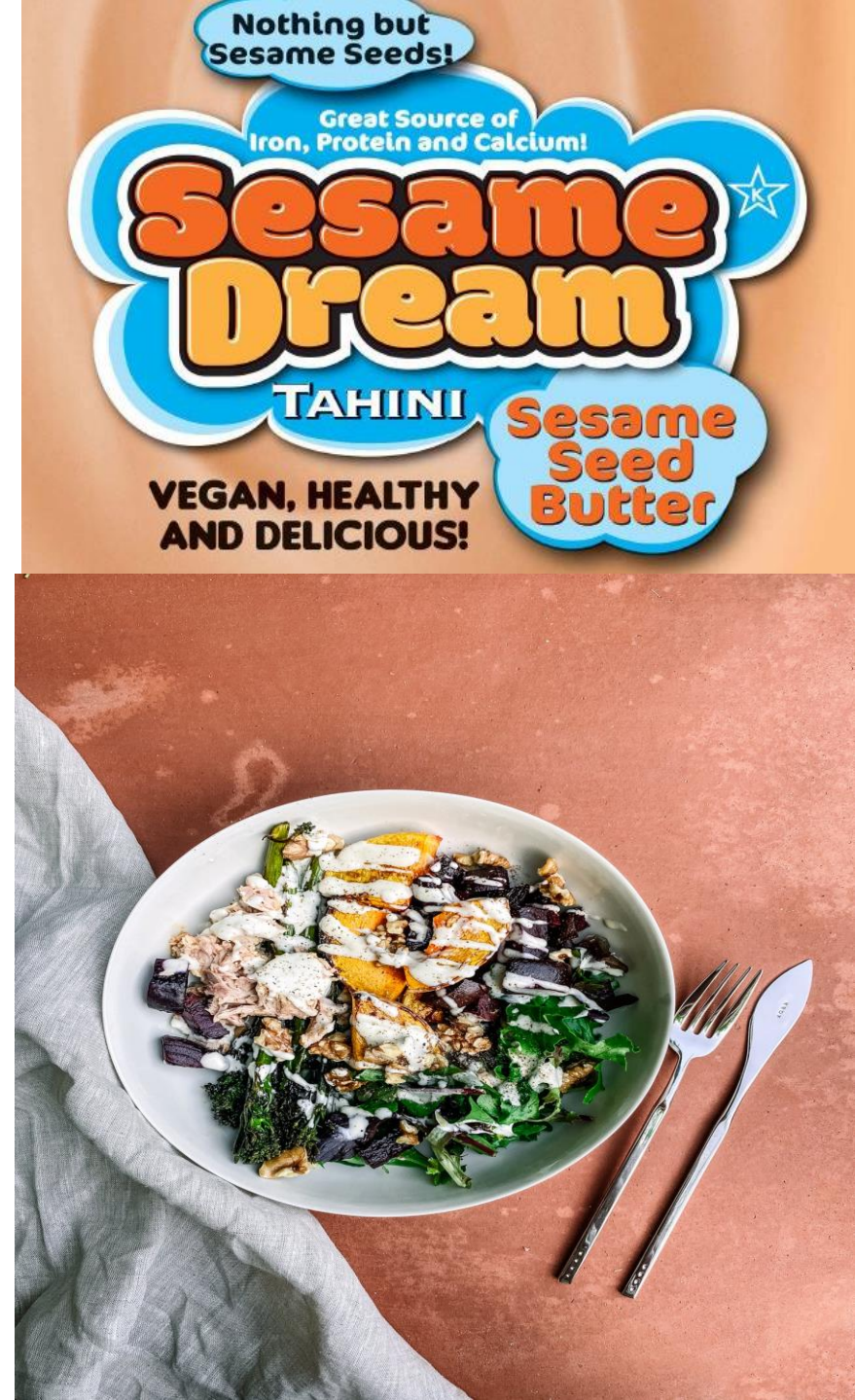


Sesame Seed Butter Sauce is a Perfect match to some International Dishes



Sesame Seed Butter Sauce is a Perfect match to some Dishes

**Perfect match to
“Roasted Vegetable & Tahini Salad”**



Sesame Seed Butter Sauce is a Perfect match to some Dishes

**Perfect match to
“Beef & Chicken
Kebab”**



Sesame Seed Butter Sauce is a Perfect match to some Dishes

**Perfect match to
“Falafel”**



Sesame Seed Butter Sauce is a Perfect match to some Dishes

**Perfect match to
“Beef Shawarma”**

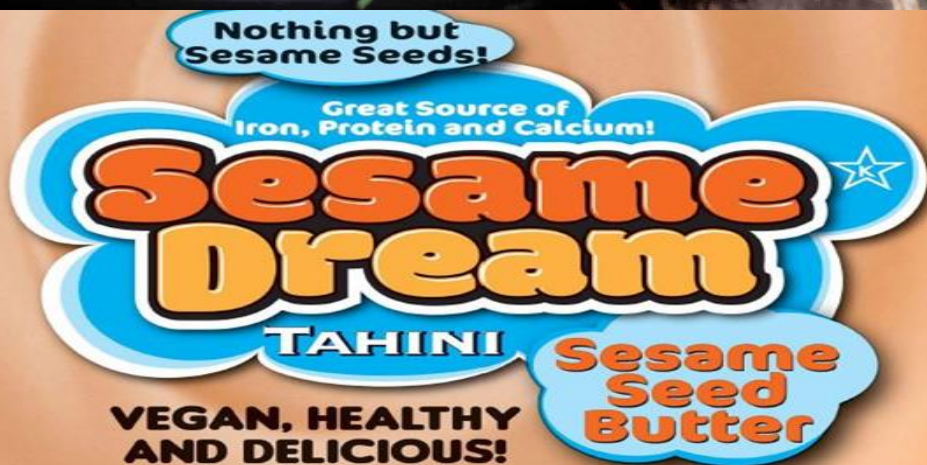




Some Other Recipe with Sesame Seed Butter Sauce

“Baba Ghanoush”

Baba ghanoush--also known as baba ganouj, or mutable
It is a smoky, rich, and creamy eggplant dip,
traditionally made by mixing tender roasted (or
charred) eggplant and nutty tahini with garlic, citrus,
and spices.



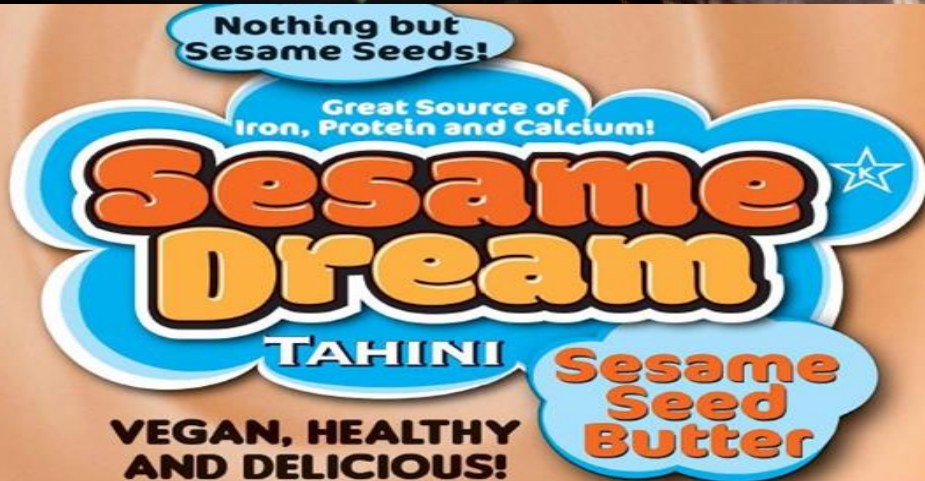


“How to make Baba Ghanoush”

1- Grill or bake the eggplant. Grill the eggplant whole over an open flame over medium-high heat turning occasionally, with a pair of tongs, until the eggplant has fully charred on the outside and the flesh has collapsed and softened (about 15 to 20 minutes).

2- Cool and Drain Well, using a knife, open it up a big so that it will cool quickly and drain its juices. Push down on the eggplant with the back of the spoon so that any excess water will drain well then finally peel off the skin.

3- Gently mix the eggplant with the tahini and the ingredients (1 to 2 fresh garlic cloves, Lemon juice, Salt and pepper, extra virgin olive oil and some Greek Yogurt (secret optional ingredient)).





Some Other Recipe with Sesame Seed Butter Sauce

“Homemade Hummus”

**Baba ganoush--also known as baba ganouj, or muttabal
It is a smoky, rich, and creamy eggplant dip,
traditionally made by mixing tender roasted (or
charred) eggplant and nutty tahini with garlic, citrus,
and spices.**

Nothing but
Sesame Seeds!

Great Source of
Iron, Protein and Calcium!

**Sesame
Dream**

TAHINI

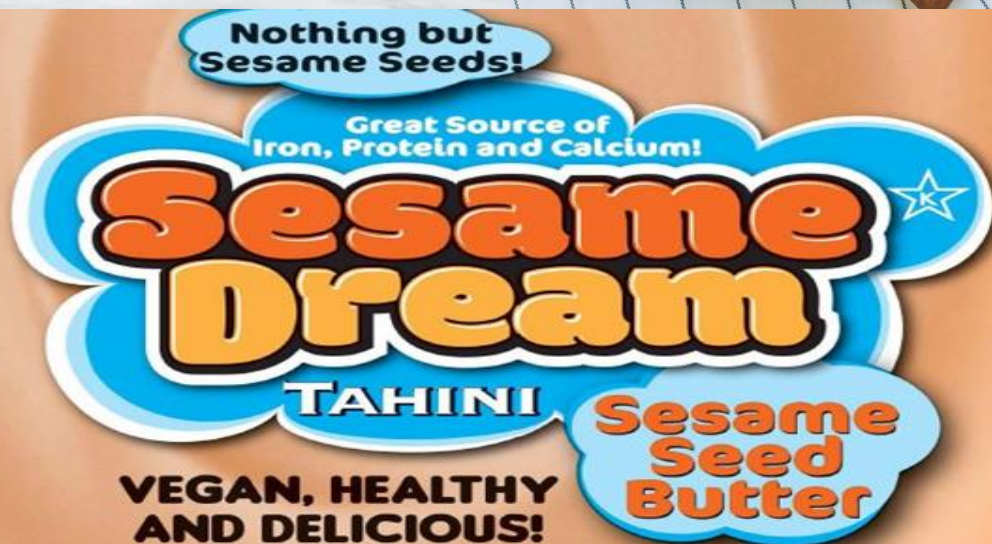
Sesame
Seed
Butter

VEGAN, HEALTHY
AND DELICIOUS!



“How to make Handmade Hummus”

- 1- Drain:** Drain the chickpeas into a liquid measuring cup, saving the aquafaba.
- 2- Blend:** Add peeled garlic to the bowl of a food processor and process until finely chopped. Then add chickpeas, lemon juice, tahini, salt, and a few tablespoons of the aquafaba. Puree until it becomes a creamy consistency.
- 3- Garnish:** Top the hummus with cilantro leaves, a sprinkle of paprika, a drizzle of olive oil, and toasted pine nuts. Serve with veggies, pita bread, crackers and handmade pita chips.



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Sesame DREAM

TAHINI

**VEGAN, HEALTHY
AND DELICIOUS!**

**Sesame
Seed
Butter**