



## *Eggplant dip (makes 1.cup)*



### Equipment:

Mini chopper or food processor

Sandwich press

### Ingredients:

1 large Eggplant (aubergine)

1 tablespoon coconut oil or avocado oil  
for roast eggplant

½ - 1 teaspoon lemon/lime juice

1 tablespoon olive oil

½ teaspoon salt

¼ teaspoon cumin

1 tablespoon cheese

(cheddar, blue or brie as you like)

1 teaspoon tahini (optional)

Black pepper for garnish

### Direction

1. Peel and slice eggplant and roast on sandwich press with coconut oil until they get soft. (To avoid being brown, roast them as soon as you cut them.)
2. Cool eggplant for 5 minutes or so.
3. Put all ingredients in a mini chopper and process until it get smooth.
4. Crack black pepper on top.