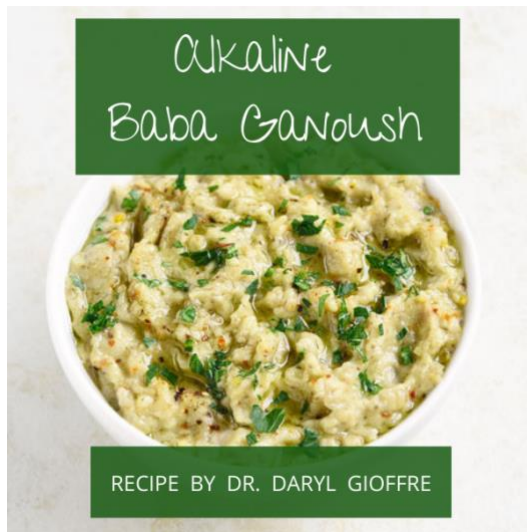


Alkaline Baba Ganoush Recipe by Dr. Daryl



On Thursday, I've got a round up post of 15 different tasty snack recipes from our blog that will fend off any sugar cravings that strike in between meals.

So today, I'm sharing another tasty snack dip. This alkaline take on a classic baba ganoush dip is just what you need if you're tired of veggies and hummus. It's flavorful and just a little bit spicy.

You can serve this with fresh cut veggies like carrot sticks, cucumber slices, or red pepper strips. You could also toast up triangles of Ezekiel tortillas to dip. Or add a dollop to your next green salad. I often do that with hummus and this is even more delicious.

Give it a try and let me know what you think over on [Facebook](#).

ALKALINE BABA GANOUSH

Ingredients [Serves 4]

- 1 large eggplant
- 2 tbsp. tahini
- 3 cloves garlic
- 1/2 lemon, freshly juiced
- 1 pinch cayenne pepper (adjust for your preference)
- Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)
- 1 tbsp. extra virgin olive oil
- 1 tbsp. fresh parsley

Directions

Preheat the oven to 400 degrees and heat up your grill or a skillet on your stovetop. Prick eggplant with a fork in several places and place whole on the hot grill or skillet until skin begins to blacken and blister. Turn so all of the skin is black and flesh start to feel soft (about 10 minutes).

Transfer whole eggplant to a baking sheet and bake until very soft for 15 minutes. Remove from the oven and discard the charred skin.

Place eggplant meat, tahini, garlic, lemon juice, cumin, and cayenne pepper in the food processor and blend until smooth. Add seasoning to taste and more tahini and/or lemon if desired. Drizzle olive oil over the top and garnish with fresh parsley.



You'll find a lot more tasty snack recipes – and more than 65 recipes in all – in my new book (already a best-seller)!

[GET OFF YOUR SUGAR: 7 Steps to Crush Your Cravings, Boost Immunity, and Fire Up Your Fat-Burning Engine](#) removes the guilt and shame many of us feel for our addiction to sugar, and replaces them with a powerful yet easy-to-follow program with practical tips to kick the sugar habit in your real life.

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Dr. Daryl

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