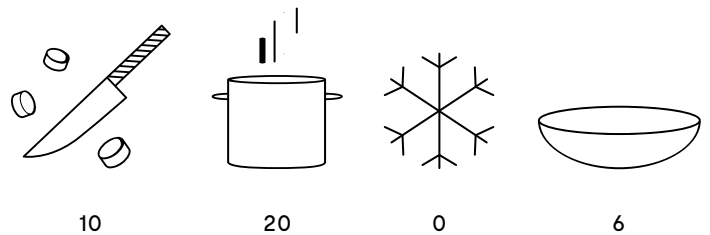




## Baba Ganoush

Baba Ganoush is a fantastic side, and one you can do in the oven or the BBQ for a ore smokey flavour!



### Ingredients

- 2 Aubergines
- The Groovy Food Company Avacado Oil Spray
- Tahini
- Lemon Juice
- Pinch of Salt

### Directions

1. Spray aubergines with The Groovy Food Company Avocado Oil Spray .
2. Pop in the oven on a high heat until charred on the outside , if using a BBQ , rotate every few mins to avoid burning until you have evenly charred the outside of your aubergines.
3. Scoop out the middles, then combine with lemon juice, pinch of salt and tahini to taste.