

## Festive Party Dips

Looking through an old [Wholefood](#) cook book from the 1970's I came across these interesting recipes for dips and spreads that make good party food for Christmas. The first is for a:

### Lentil Spread

- 100g cooked [red lentils](#)
- 1 medium onion – chopped
- 2 tablespoons [Tahiti](#)
- ½ teaspoon [cumin](#)
- ½ teaspoon [coriander](#)
- 1 tablespoon [tomato puree](#)
- 1/s teaspoon gomasio (we used [Furikake](#))

Cook the lentils until very soft then liquidise the lentils, tomato puree, gomasio, chopped onions, coriander and cumin together. Add Tahini and mix well.

### Tahini, Yogurt and Apple Juice Spread

A different dip and spread using fresh yoghurt

- 4 tablespoons natural yogurt
- 4 tablespoon [Tahiti](#)
- 1 tablespoon [apple juice concentrate](#)

Mix all the ingredients together and use as a spread

To dip into your dips you could use vegetable sticks or fresh fruit or make some

### Sesame Sticks

- 150g [oatmeal](#)
- 50g [sesame seeds](#)
- 4 tablespoons malt
- 2 tablespoons oil
- 2 tablespoons [honey](#)

Mix all of the ingredients together. Oil a 12" x 12" tin. Place the mixture into the tin and press down well (if it is a little sticky dip your fingers in cold water and press well). Bake at 160c (gas 4) for approximately 25 minutes. Leave to cool and cut into slices.