



Apples and Pears with Tahini-Honey Dip

Ingredients (serves 4):

2/3 cup tahini

2/3 cup honey (Any honey will work, but use a local honey to fight off pollen allergies. You may substitute agave nectar for a low glycemic and vegan alternative.)

Cinnamon to taste

2 apples

2 pears

2 quinces (if available)

1. Mix together tahini and honey.
2. Add nutmeg to taste.
3. Core and thinly slice all fruit.
4. Serve fresh.

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