



JOYA® APPLE WEDGES WITH A DIP

Makes about 125 ml



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INGREDIENTS:

- 15 ml (1 tbsp) tahini
- 125 g (about ½ tub) plain chunky cottage cheese
- toasted sesame seeds (see tip)
- 2 JOYA® Apples in the skin, cut into thick wedges

METHOD:

1. Mix tahini and cottage cheese together.
2. Sprinkle some of the sesame seeds on top and enjoy as a dip with apple wedges. Dip apple in the remaining sesame seeds, for extra crunch.

Tips:

1. To toast sesame seeds: place in a dry frying pan over a medium heat. Toast for a few minutes, tossing the pan every now and then, until the sesame seeds are golden brown. Take care as they can burn quite quickly.
2. To pre-cut JOYA® Apples to pack when you're on the go: cut the apples in wedges; rinse in cold water and put wedges back together in an 'apple' shape. Tie with a piece of string or an elastic band.
3. Tahini is a sesame seed paste available in the health section of most supermarkets.

**FIRM
SWEET
CRUNCHY
APPLE**

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