**ISSUE 05** 

## **ONTE BITE** VEGAN MAGAZINE

# Vegan Tapas

**No como carne;** *Your handy Spanish passport for eating vegan* 

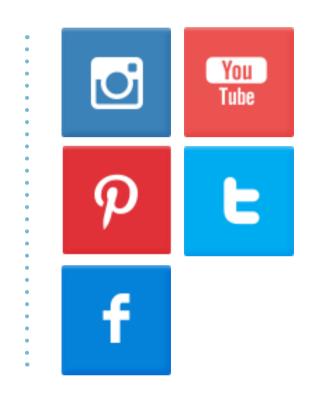
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# ONE BIE VEGAN MAGAZINE



### Contact Us

Call: 857-209-8525

Email: <u>kevin@onebitevegan.com</u>

Website: www.OneBiteVegan.com

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## Egg Free Garlic Aioli

### (aka Toum) By: Carmen Sturdy | Every Last Bite



#### Egg Free Garlic Aioli (aka Toum)

#### Serves: 6

#### **INGREDIENTS:**

- 1/2 cup garlic cloves (approx 12-15 cloves)
- 1tsp salt
- 1/4 cup lemon juice
- 1/4 cup ice cold water
- 2 cups avocado oil (or sunflower, vegetable or canola oil)

### **INSTRUCTIONS:**

- 1. Cut the garlic cloves in half and remove the green gem from the center (it has a bitter flavour). Place the garlic cloves and salt in a food processor and blend until finely minced.
- 2. Add in the lemon juice and blend until smooth.
- 3. With the food processor on low speed, very very slowly drizzle the oil in. After 1/2 a cup of oil has been added, pour in 1 tbsp of the water. Continue drizzling another 1/2 cup of oil followed by 1 tbsp of water until everything has been added and the sauce is thick and smooth like mayonnaise. Go very slowly, it should take about 8 to 10 minutes to add everything.
- 4. Store the toum in a container in the fridge for up to one month.



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## **ABOUT THE AUTHOR**

Every Last Bite is a website dedicated to sharing healthy and delicious recipes for those living on a restrictive diet. Every recipe shared is free from Grain, Gluten, Dairy, Refined Sugar, Starch but is packed full of flavour and easy to prepare! Website: everylastbite.com



