

ONE BITE

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Vegan Magazine

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20 FESTIVE RECIPES
for **THANKSGIVING**
& **CHRISTMAS**

STAYING HEALTHY
OVER THE HOLIDAYS
with a *plant-based diet*

WIN A COPY OF VEGAN HOLIDAY COOKING

+ RECIPES

ONE EZ TOFU PRESS
TO GIVE AWAY

WIN ARTISANAL CHOCOLATE from XOCOLATL SMALL BATCH CHOCOLATE

VEGAN EATS & DRINKS
for your New Year Party

NOT ONE, BUT TWO
»» **READER GIVEAWAYS!** ««

SMOKEY ROASTED AUBERGINE DIP

Yasmin - By the Forkful

This delicious Baba Ganoush recipe is insanely easy to make, and it tastes so, so, SO much better than any roasted aubergine dip you've ever bought from a shop.

INGREDIENTS

- 1 aubergine
- 1 tbsp tahini
- Juice of 1 lemon
- 1 garlic clove
- 1- 2 tsp olive oil
- 1 tsp cumin

INSTRUCTIONS

1. Preheat the oven to 190° Celsius
2. Prick your aubergine with a fork and place whole in the oven for 45 minutes, until the skin is wrinkled and almost collapsing
3. Carefully cut the aubergine in half and scoop out the flesh, adding to a blender
4. Add the rest of your ingredients and blend
5. Add a drizzle more olive oil and a sprinkle of paprika



Yasmin —

Yasmin is the recipe creator and blogger behind bytheforkful.com. Her love of food and cooking started at the age of 18; she is now committed to creating healthy and delicious, vegetable focused recipes. She hopes to show her followers that vegetables can be the most tasty thing on the plate!

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