



Tahini Sesame Cookies

Chewy, soft, moist, and rich – yet butter-free

1-1/2 cups almond flour
1/2 teaspoon baking soda
1/2 teaspoon fine sea salt
1 large egg
1 teaspoon pure vanilla extract
1/2 cup tahini, stir well
1/3 cup honey
1/2 cup white chocolate chips or butterscotch chips
1 to 2 teaspoons sesame oil
Topping: toasted sesame seeds as desired

- Preheat oven to 325 degrees F. Line 2 baking or cookie sheets with parchment paper and or silicone baking sheets; set aside.
- In a large bowl, combine almond flour, baking soda, and salt; set aside.
- In a mixing bowl, beat egg and vanilla; add tahini and honey, mix until well combined and uniform consistency.

- Add the dry ingredients to the bowl of wet ingredients; mix to combine; add the white chocolate chips if using; mix to form a sticky dough.
- Using a 2-teaspoon cookie scooper, generously filled, place balls on cookie sheets about 1-1/2 inches apart. Lightly flatten the tops of the balls.
- For a golden-brown cookie, lightly brush flatten cookie tops with sesame oil and sprinkle with sesame seeds.
- Bake on an upper oven rack for about 11-12 minutes or until the bottoms are golden. Remove from oven; cool before serving.
Yield: about 2 dozen cookies

Cook's Note: Bake until cookie bottoms are golden; cookie bottoms over-brown easily. Cook on an upper oven rack. I used Soom Premium Tahini for this recipe. If you don't brush the cookies with sesame oil, they will remain white or cream colored.

Recipe Adapted from: The Acid Watcher Cookbook by Jonathan Aviv, MD

About the Recipe: How about some gluten-free cookies that don't require lots of butter or oil? These cookies use tahini, a ground sesame paste a product in Middle Eastern cuisine. It adds a creamy texture and light nutty flavor to the cookies. I added some white chocolate as well as some butterscotch chips. We loved the flavor combination.