

Tahini and Almond Butter Cookies with Chocolate Drizzle

This cookie has any energy bar beat! It is gluten free, vegan, and tahini, almond butter and almond flour are the only fats. It is a compact cookie, lightly sweet, is as nutritious as most energy bars and made only with pure food ingredients.



1/2 cup almond butter, crunchy or smooth, salted or unsalted

1/2 cup tahini

1/2 cup maple syrup

1 teaspoon vanilla extract

4 cups almond flour or combination almond flour and almond meal (lightly fill level measuring cup, to make appx xx ounces0

1/4 cup sesame or chia seeds

1/2 teaspoon Kosher salt

2-3 ounces bittersweet chocolate, or about ½ cup chocolate chips

Preheat oven to 350°F. Line one or two baking sheets with parchment paper.

Combine nut butters, maple syrup and vanilla in a large bowl. Stir well.

Gradually stir in almond flour with sesame seeds (or chia) and salt. Keep stirring until mixture holds together in a firm dough.

Shape dough into 24 balls, each about 2 tablespoons of dough. Place on baking sheet. Press flat with fingers or the tines of a fork.

Bake about 10 minutes until edges are lightly browned. Cool on pan 1 minute then transfer to a rack to cool completely.

Melt chocolate in microwave on 50% power, about 2 minutes. Using a fork, drizzle over cookies. Sprinkle tops with additional seeds before chocolate cools, if desired.

Makes 30 cookies

Nutrition per cookie: Calories 180, Fat 14g, Sat Fat 1.5g, Trans Fat 0, Cholesterol 0, Sodium 55g, Carb 9g, Fiber 3g, Sugars 5g, Protein 5g.

Recipe adapted from www.momskitchenhandbook.com