

Herbal Legacy Recipes

Tahini Cookies

Contributed by Eliyafa Seror from Safed, Israel

Ingredients:

- *6 Tbls tahini (sesame butter)
- *1/2 cup honey or molasses
- *1/2 chopped nuts
- *1/2 tsp cinnamon

*1 1/2 cups rolled oats

OR

- *1/2 cups wheat bran
- *1/2 cups flax seeds
- *1/2 cups coconut

Directions:

Blend the tahini, honey, nuts and cinnamon together and then mix in either the rolled oats or the wheat bran, flax seeds and coconut. Drop by teaspoonful onto cookie sheet. Bake at 350% F for about 10 minutes until edges are brown. Be careful not to over bake!
If desired you can also add chopped dried fruits, raisins, dates, prunes etc.