

SWEET NUTTER

Enjoy these coffee time treats

CHEWY TAHINI & ALMOND COOKIES

Makes 10

- 220g (2¼ cups) ground almonds
- ½ tsp sea salt
- 1 tsp gluten-free baking powder
- 200g (generous ½ cup) coconut nectar
- 200g (¾ cup) tahini paste
- 2 tbsp vanilla extract
- Raw pistachios, roughly chopped, to decorate

- 1 Preheat the oven to 170°C (Gas Mark 5, 375°F). Line 2 baking trays with baking paper or patisserie mats.
- 2 Place the ground almonds, salt and baking powder in a large mixing bowl.
- 3 In a small saucepan, mix together the

coconut nectar, tahini and vanilla. Place the saucepan over a medium–low heat and stir until combined.

4 Once the mixture has begun to thin a little, pour the contents of the saucepan into the dry ingredients and stir together to form a dough. The dough should come together in your hands quite easily and feel quite warm and soft. Allow the mixture to stand for 10 minutes to cool and firm slightly.

5 Roll the dough into 2.5cm (1in) balls then place them at 5cm (2in) intervals on the prepared baking trays as the cookies will spread during baking.

6 Using a fork gently flatten the balls, then add a few roughly chopped pistachios to the centre of each.

7 Bake for 8–10 minutes or until lightly browned round the edges. The cookies should feel soft while warm but will

harden. Wait until the cookies have completely cooled before removing from the baking trays. Store in an airtight container.

Per 100g

Calories: 528, Carbohydrates: 27.0g, Sugars: 23.0g, Fat: 38.0g, Saturates: 4.3g, Protein: 16.0g, Salt: 0.39g

Recipe from:

The Yoga Kitchen by Kimberly Parsons (Quadrille, £20) Photography ©Lisa Cohen. Kimberly lectures on CNM's Natural Chef and Vegan Natural Chef Diploma Courses at the College of Naturopathic Medicine. www.naturopathy-uk.com