

# Chewy Tahini and Almond Cookies

**Makes:** 10

Tahini comes in both light and dark varieties and is packed with calcium, which supports bone structure and strength and these cookies hit the post-exercise spot every time! They are quick to make and can be kept for up to a week without drying out.

- 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/375°F/Gas 5 and line two baking trays with baking paper or patisserie mats. Then, place the ground almonds, salt and baking powder in a large mixing bowl.

**2** In a small saucepan, mix together the coconut nectar, tahini and vanilla. Place the saucepan over a medium-low heat and stir until combined and the mixture has begun to thicken a little.

**3** 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.

**4** Roll the dough into 2.5cm balls then place them at 5cm intervals on the prepared baking trays as the cookies will spread during baking. Using a fork, gently flatten the balls then add a few roughly chopped pistachios to the centre of each.

**5** Bake for 8-10 minutes or until lightly browned round the edges. The cookies should feel soft while warm but they will harden. Allow the cookies to completely cool before removing from the baking trays. Store in an airtight container.

• Recipe from *The Yoga Kitchen* by Kimberly Parsons (Quadrille); Photography ©Lisa Cohen. Nutritionist Kimberly Parsons lectures on the Vegan Natural Chef course at CNM (College of Naturopathic Medicine). CNM trains students for successful careers in natural therapies in class and online. Visit [naturopathy-uk.com](http://naturopathy-uk.com) for more information



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