

Almond, Tahini, and Date Cookies

These cookie ingredients provide wonderful flavors for a special occasion, such as a holiday or a birthday event. The combo of almonds, tahini, and dates are also rich in fiber, magnesium, B vitamins, vitamin E, and calcium. At home, I use tahini often as it is loaded with nutrients and it has a nutty, rich flavor and a luscious texture, and it is fantastic with falafel, cauliflower, celery, and eggplant—and here is a great way to enjoy it with dessert. Cinnamon is a wonderful spice for desserts, both for its flavor, and as it helps control blood sugar levels.

Makes about 24 cookies (They store well in the freezer for several weeks)

Prep Time: 10-15 minutes

Baking Time: 8-11 minutes

Ingredients:

1 ½ cups almond meal
½ teaspoon ground cinnamon
½ teaspoon baking soda
¼ teaspoon sea salt
1/3 cup almonds, finely chopped (or use slivered almonds)
¾ cup tahini
1/3 cup maple syrup (or honey)
2 large organic, cage-free eggs, whisked
1 teaspoon vanilla extract
½ cup dates, chopped

Directions:

Preheat oven to 375° F and line 2 baking sheets with parchment paper.

In a bowl, mix almond flour with cinnamon, baking soda, salt, and chopped almonds. In a second large bowl, mix tahini with maple syrup, whisked eggs, vanilla and dates. Add the dry ingredients to the wet ingredients and stir until combined. Roll the dough into 1-inch balls, then flatten and distribute over the baking sheets. (If the dough feels dry, dampen your hands with water and knead the dough again.)

Bake cookies with a convection oven for about 8-11 minutes, until the bottoms are golden. If you don't have a convection oven, bake in a regular oven and simply shift the pans from top to bottom half way through the baking process.

Transfer the cookies to a rack and let cool before serving.

Enjoy!

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