

Nutty Tahini Bites

Adapted from a recipe by Changing Habits
www.changinghabits.com.au

6-cup oblong glass container
medium mixing bowl
measuring cups and spoons
mixing spoon
chopping board
sharp knife

Do this

with these ingredients

1. **Oil or line** the glass container.

2. In the mixing bowl, **mix** together

1 cup **hulled tahini**

¼ cup **extra virgin coconut oil**

¼ cup **raw honey or pure maple syrup**

1 tsp **vanilla extract**

1 TBS **ground ginger** (optional)

pinch of **pink or sea salt**

3. **Mix in**

1 cup **roasted nuts of choice**, coarsely chopped

½ cup **coconut flakes**

½ cup **sesame and/or hemp seeds**

4. **Spoon** into the glass container and smooth over with the back of the spoon.

5. **Cover** and **freeze** for at least two hours.

6. **Remove** from the container and **cut** into bite-sized cubes.

7. **Roll** each cube in

extra **sesame seeds** (optional)

8. **Store** covered in the freezer.

