

Lately, the internet is exploded with sweet baked goods recipes made with tahini. It almost seemed like a new revelation, that tahini has existence outside of the context of hummus, and in a sweet twist. In fact, there is nothing new about it. My mom used to bake tahini cookies in the '80s and Middle Eastern cuisines have used tahini in dessert for generations.

We have sold various tahini cookies in farmers markets over the past three years, and these vegan tahini cookies that we are sharing with you here were a hit. It is a simple recipe, but it does use some ingredients that you may need to buy, such as whole spelt flour and date syrup. If you do not regularly carry these in your pantry, consider this an opportunity to explore new food ingredients. (These two are regulars in our pantry and we will post more recipes in the future). What makes these cookies so soft and buttery (without any dairy butter at all— this version of tahini cookies is vegan) is the use of tahini as main ingredient, and the short baking time that lets its taste shine through.

Tahini Cookies

Makes 20 cookies

Ingredients

1 cup (240 gr) tahini

1 $\frac{3}{4}$ cup (200 gr) whole spelt flour

1 $\frac{1}{2}$ tsp baking powder

$\frac{1}{4}$ tsp salt

$\frac{1}{4}$ cup (50 gr) cane sugar

2 Tbsp (45 gr) date molasses/honey/pure maple

$\frac{1}{4}$ cup (50 gr) coconut oil

3 Tbsp (30 gr) sesame seeds (optional)

Preparation

- Lined a baking sheet with parchment paper, and preheat oven to 350°F.
- In a mixer bowl with hook attachment, add all dry ingredients and lightly blend.
- Pour in all other ingredients, and blend on low speed until all ingredients are well combined. Stop the mixer and make sure to blend in all dry ingredient that have settled on the bottom and the sides of the bowl. Work it in as needed, until a soft and a bit greasy dough comes together.
- Roll into 1-1/2 inches balls. Place 1" apart on the baking pan and flatten with a fork or with your fingers to half an inch-thick cookie.
- Bake 8-9 minutes. DO NOT OEVERBAKE! cookies should be pale and soft, let them sit on the sheet to cool and harden before removing to a plate.
- Store in an airtight container for about a week. It is also freeze well – just make sure to defrost inside a sealed bag or a container and not while it sits on an open plate.