



Tahini Oat Cookies

Recipe Source: www.wholefoodsmarket.com

Yield: About 2 dozen cookies

Ingredients:

- 1 cup rolled oats
- 1 sifted cup whole wheat flour (sift first, then measure)
- ¼ tsp fine sea salt
- 1 tsp baking powder
- ¼ cup tahini (sesame seed paste)
- ¼ cup toasted sesame oil
- ½ cup pure maple syrup or honey
- 1 tsp vanilla extract
- 2 tsp cornstarch
- 3 Tbsp sesame seeds

Steps:

- Preheat oven to 350°. Line 2 baking sheets with parchment paper.
- Grind oats in a blender or food processor until coarsely ground. In a large bowl, whisk together oats, flour, baking powder, and salt. Set aside.
- In a 2-cup glass liquid measuring cup, combine tahini, sesame oil, maple syrup or honey, vanilla, and cornstarch. Whisk until completely smooth. Stir tahini mixture into oat mixture.
- Put sesame seeds in a small bowl. Using a tablespoon, scoop cookie dough onto the plate and roll into balls, coating with sesame seeds. Arrange dough on the prepared baking sheets, about 2 inches apart.
- Bake until cookies are just lightly brown on the bottom and puffed, 8-10 minutes.
- Let cookies cool on baking sheet for 5 minutes, then transfer to a wire rack and let cool completely. Cookies will keep in an airtight container at room temperature for up to 5 days or in the freezer for up to 2 weeks.

Tips from the Test Kitchen: These cookies have a unique flavor, but if you like sesame seeds you will love them! They are similar in flavor to the chewy honey sesame candies you can find in Asian markets. The texture is comparable to a peanut butter cookie.

Nutritional Facts (per serving): Calories: 92, Carbohydrates: 13 grams, Protein: 2 grams, Total Fat: 4 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 26 mg, Fiber: 1 gram, Total Sugars: 5 grams.