

Honey Sesame Treats

Prep Time

10 minutes

Prep Notes

n/a

Cooking Time

5 minutes

Yields

9 servings

Ingredients

3/4 cup sesame seeds

1 1/2 tbsps raw honey

Directions

1. Grind 1/2 cup sesame seeds in a coffee grinder or mortar and pestle. Grind finely, but do not make nut butter. You can also use a food processor, but pulse carefully.
2. Place in a bowl, add honey and combine with a fork until it becomes a unified paste. Roll into 1/2-inch balls.
3. Toast the remaining 1/4 cups seeds in a sauté pan for 5 minutes, stirring constantly until they turn golden brown and transfer them to a bowl.
4. Roll the balls in the toasted sesame seeds.
5. Eat warm or refrigerate.