



Recipes

Savory Snacks

Honey Sesame Treats

Prep Time: 5 minutes

Cook Time: 10 minutes

Yield: 8 servings

Ingredients:

$\frac{3}{4}$ cup sesame seeds

1 $\frac{1}{2}$ tablespoons raw honey

Directions:

1. Grind $\frac{1}{2}$ cup sesame seeds in a coffee grinder or suribachi. Grind well, but not so much that they become nut butter.
2. Place in a bowl, add honey and combine with a fork until it becomes a unified paste. Roll into $\frac{1}{2}$ -inch balls.
3. Toast the rest of the 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.