

Dried Fruit and Nut Sesame Cookies

This recipe was a hit at the 2010 "Nurturing Your Whole Self" event! Lisa and I really should have prepared more of these as they quickly disappeared!

Ingredients:

1 cup Medjool dates, remove the seeds
¼ cup ground almonds
½ cup dried apricots
½ cup pecans
¼ cup shredded unsweetened coconut
1 tbsp cocoa
1 tsp vanilla
¼ cup sesame seeds
½ cup almond milk

Directions:

Roughly chop the dates and apricots and then add all ingredients (except the sesame seeds) into a food processor and blend for a couple of minutes until all ingredients are combined.

Form the mixture into small balls (about the size of a round chocolate), roll in sesame seeds and slightly flatten.

Refrigerate for an hour before serving and store any leftovers in the fridge.