



Erasmus+

RUN OUT OF SUGAR



Tahini treats

Ingredients

- 110 g desiccated coconut (unsweetened)
- 220 g hulled tahini
- 80 ml maple syrup
- 80 g currants
- 50 g sesame seeds
- 80 g dried dates (finely chopped)
- 80 g dried apricot (diced)

Method

1. Blend 80 g of the desiccated coconut with all the remaining ingredients in a food processor until the mixture is combined and starts to stick together.
2. Transfer to a large bowl and freeze for 30 minutes to firm up.
3. Take a heaped tablespoon of the mixture, form it into a ball and roll it in the remaining coconut. Repeat with the remaining mixture.
4. Transfer the treats to an airtight container and freeze for 15 minutes to set.



ENJOY YOUR BREAKFAST

Notes

- Photo by Elisa Watson.
- <https://www.kidspot.com.au/kitchen/galleries/kid-friendly-recipe-ideas/20-sugar-free-treats-for-happy-healthy-kids?image=19>