

Tahini-Carob Balls

(adapted from The Raw Gourmet by Nomi Shannon)

Halvah is a sweet made of sesame seed paste and honey. This version includes ground almonds. Rich in protein, vitamin E, essential fatty acids and calcium. Makes about 20 balls.

Ingredients

1 1/2 cups raw almonds (optional)
1/2 cup raw tahini (sesame seed paste)
2 tbsp raw, unpasteurized honey
1 tbsp carob powder

For rolling:

+ extra carob powder
shredded dehydrated coconut (optional)

Directions: Grind almonds in a food processor or coffee grinder until granular or powdered. Mash ingredients together in a small bowl and mix to distribute evenly. Using hands, roll into small balls. Roll on a plate of shredded coconut or additional carob powder if desired to reduce stickiness. Chill for minimum 1 hour before eating as dessert or snack.