

Chewy Chocolate Chip Tahini Cookies

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 6 tbsp tahini paste
- 1/4 tsp of sea salt
- 1/3 to 1/2 cup real maple syrup*
- 1-1/2 cups oats (I used Oak Manor "oat flakes")
- 1 tbsp ground cinnamon
- 1/3 cup mini chocolate chips

Instructions:

1. Preheat oven to 350 degrees.
2. Combine all ingredients together in a large mixing bowl. Stir together until fully combined. Make sure the tahini is evenly spread throughout the cookies.
3. Grease a baking sheet or line with parchment paper.
4. Drop 1 tbsp spoonfuls onto baking sheet.
5. Bake for 10-12 minutes or until edges are golden brown. Let cool slightly then transfer to a cooling rack.

Notes:

*I went with 1/3 cup maple syrup because I added the chocolate chips. I would suggest adding 1/3 cup first and giving them a taste test. If they are not sweet enough for you, then use 1/2 cup. I used the ENJOY Life brand of mini chocolate chips because they are dairy-free and gluten-free. I personally find that cow's milk dairy in chocolate bothers me (makes my wrists achey due to inflammation). They will seem a bit crumbly when you put them on your baking sheet, don't worry they solidify nicely when they are cooked.