

TAHINI, ZA'ATAR & SESAME SEED BISCUITS

INGREDIENTS (28 biscuits)

- 150 g salted butter room temperature (or regular butter and add a pinch more salt)
- 125 g soft brown sugar
- 129 g tahini paste
- 280 g flour – we used a combo of wheat, buckwheat, and almond
- Zest AND juice of 1 lemon (unwaxed/organic works best)
- ½ t dried mint
- 1 tsp za'atar mix (see below for homemade)
- 25 g sesame seeds
- 45 g unrefined golden castor sugar
- 1 egg beaten to glaze

ZA 'ATAR INGREDIENTS & INSTRUCTIONS

- ¼ 4 t dried or fresh thyme (if fresh crush)
- 4 t toasted sesame seeds
- 3 t ground sumac
- 1 t fine sea salt
- 1 t dried oregano
- ½ t ground black pepper

To make place all the ingredients into a jar and shake vigorously. Stored in a cool dry place, will last up to 8 weeks

BISCUIT INSTRUCTIONS

- Preheat oven to 200C with fan/390F
- In a bowl cream together butter & sugar until combined
- Add tahini and mix until all combined
- Add flour, lemon juice & zest, dried mint, & za'atar mix and mix until combined
- Cover bowl and chill in fridge for 30 minutes
- Toast 25 g sesame seeds in a dry frying pan for ± 3 minutes, keep the pan moving so the seeds don't burn. Remove and combine with the unrefined golden castor sugar
- Remove dough from fridge and roll into ±25 g pieces, roll each into a ball, & place on lined baking tray
 - precision is not crucial, that they be equal in size is most important
 - smaller = less baking time. Larger = more baking time
- Gently flatten each with the back of a spoon or fork
- Cook for 15 minutes, keep a keen eye as they can crisp quickly around the edges

SERVING/NOTES

- Serve with coffee or tea at breakfast or for dessert.
- Store in an airtight container for up to 7 days out, 10 days in fridge and up to 1 month in the freezer take out 2-3 hours before serving

Nutrition tip

Tahini is full of protein and contains selenium. Tahini acts as an antioxidant and helps lower inflammation in the body. Studies show sesamol, a natural chemical found in sesame seeds and sesame oil, has antioxidant, anti-inflammatory, and anti-aging benefits.

Sesame seeds are a good source of healthy fats, protein, B vitamins, minerals, fiber, antioxidants, and other beneficial plant compounds. Regularly eating substantial portions of these seeds may aid blood sugar control, combat arthritis pain, and lower cholesterol.

Foodmoodcrabtree.com