



Cooking *in the* Kitchen at Olum's

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*Delicious Recipes
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Date & Sesame Bites

Serves 12

Ingredients:

- ¼ cup sesame seeds
- ½ cup medjool dates, chopped into bitesize pieces
- 1 cup rolled oats
- ½ cup smooth almond butter
- 2 tablespoons tahini
- 2 tablespoons honey

Directions:

1. Prepare a baking sheet with parchment paper.
2. In a skillet toast the sesame seeds over medium heat for 2 – 3 minutes, until they are lightly toasted.
3. In a mixing bowl combine the dates, oats, almond butter, tahini, honey, and sesame seeds.
Stir to combine. Note - The mixture will be thick.
4. Form into 1 inch balls and place on the prepared baking sheet.
5. Freeze for 1–2 hours and then transfer to a storage container. Serve frozen or at room temperature.