

Healthy Halva (vegan, grain-free, refined sugar free)

Ingredients:

- 1/4 cup raw pine nuts
- 1/2 cup almond flour
- 1/2 cup tehina
- 1/2 cup sesame seeds
- 1/4 cup unsweetened shredded coconut
- 3 Tbsp of maple syrup or raw honey
- 1/2 tsp real vanilla extract
- 1/4 cup raw pistachios

Instructions

1. Heat a small saute pan over medium-high heat. Add the pine nuts and stir frequently until fragrant and toasted, about 3 minutes. Be careful not to burn them! Remove from the heat and set aside.
2. In a medium bowl, mix together the almond flour, tehina, sesame seeds, coconut, maple syrup (or raw honey), and vanilla.
3. In a food processor, pulse the toasted pine nuts and the pistachios until crushed. Add them to the tehina mixture. Press the mixture into a greased, small rectangular or square pan. Refrigerate for 3 hours.
4. Slice into bite size pieces and enjoy!!

In health,
Mindy