

THE LIFE AUDIT

# TAHINI CARDAMOM COOKIES

MAKES 12 COOKIES

## INGREDIENTS

1/2 cup gluten-free flour  
1/2 cup ground almonds  
1/2 tsp cinnamon  
1/4-1/2 tsp cardamom (depends how much you like it!)  
1/2 tsp baking powder  
1/2 tsp salt  
1/4 cup tahini (ground sesame seeds)  
1/4 cup maple syrup  
Sesame seeds for topping

## METHOD

1. Preheat your oven to 180°C/160°C fan force.
2. In a large bowl, mix together the flour, ground almonds, spices, baking powder and salt.
3. Pour in the tahini and maple syrup. Mix to combine.
4. Shape the mixture into even sized balls and place onto a baking sheet lined with parchment paper.
5. Press into flat discs using your fingers. The thinner they are the crisper they will become.
6. Sprinkle some sesame seeds on top.
7. Bake for 12-15 minutes or until the edges are golden brown.
8. Leave to cool completely.