

Ancient Egyptian Tiger Nut Sweets

*Always take food allergies into consideration

A healthy dessert that comes from Ancient Egypt, made with a date and nut paste covered in honey and almond meal.

Prep Time: 15 min Total Time: 15 min Serves: 6



Ingredients

200g pitted dates

Splash of water

Cinnamon to taste

2 tablespoons chopped pecans or walnuts

2 tablespoons honey

1/2 cup almond meal, or finely ground almonds

(All ingredients are approximates. Adjust quantities to make as many as you want)

Instructions

Chop and/or grind dates until they make a sticky paste. You can use a food processor if you like but mix can be left a bit chunky.

Place the honey and almond meal in shallow bowls.

Transfer the date paste to a bowl and mix with a little bit of water, cinnamon, and the chopped pecans/walnuts. Mix thoroughly.

Roll between your hands to form little balls, then coat in honey and then in almond meal.

Serve in a platter or individual plates and enjoy!

<http://mamitales.com/blog/one-of-the-oldest-recipes-in-the-world/#sthash.53jkocc9.0iN2Ai7j.dpbs>