



Makes: 16 to 18 pieces

Prep Time: 5 minutes,
plus 1 hour chilling

Cook Time: 3 minutes

$\frac{1}{4}$ cup raw pine nuts

$\frac{1}{2}$ cup almond flour

$\frac{1}{2}$ cup tahini

$\frac{1}{2}$ cup sesame seeds

$\frac{1}{4}$ cup unsweetened
shredded coconut

$\frac{1}{4}$ cup date nectar or
3 tablespoons raw honey

$\frac{1}{2}$ teaspoon vanilla extract

$\frac{1}{4}$ cup raw pistachios

Turkish Halva

Halva is a delectable Middle Eastern treat made with sesame paste and seeds. I add fiber-rich almond flour and antioxidant-rich pistachios and use date nectar as a cleaner sweetener option—you could also use honey. A little taste of these rich bites goes a long way!

1. Heat a small sauté pan over medium-high heat. Add the pine nuts and stir frequently until fragrant and toasted, about 3 minutes. Remove from the heat and set aside.
2. In a medium bowl, mix together the almond flour, tahini, sesame seeds, coconut, date nectar, and vanilla. Mix with a wooden spoon or a spatula until all the ingredients are combined.
3. In a food processor, pulse the toasted pine nuts and the pistachios until crushed. Fold the nuts into the tahini mixture. Pour the mixture into a greased $8\frac{1}{2}$ x $4\frac{1}{2}$ -inch loaf pan, spreading evenly and tapping the pan on the counter to release bubbles. Refrigerate for a minimum of 1 hour. When ready to serve, slice into bite-size pieces and enjoy.