

SesaFlax Pasteli—New Twist on an Ancient Greek Snack

1 Cup SesaFlax

1/3 of a Cup Coarsely Chopped Pistachios, or Other Nut (Optional Ingredient)

1/2 Cup Honey

1 Inch Lemon Peel

1 tsp lemon juice

1/4 cup sugar (optional)

1. Add honey, lemon peel, lemon juice, and sugar to a sauce pan.

2. Heat mixture at medium heat until simmering, stirring continuously for 5 minutes.

3. Turn off heat and add SesaFlax and Pistachios.

4. Mix well.

5. Empty contents of pan onto a baking pan lined with parchment paper.

6. Flatten with a spatula brushed with olive oil to prevent sticking.

7. If not using sugar, place in refrigerator and allow to cool about a 1/2 hour.

8. Once firm cut into bars or desired shape and separate bars with parchment paper to prevent sticking.

9. Serve!

Note: If using sugar, cool at room temperature, and cut before bars become hard.

Use Greek honey or add a bit of thyme for a more traditional flavour.

Enjoy this snack bar inspired by the Ancient Greeks!