



Chocolate Tahini Bars

These treats are incredibly easy to throw together.

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A single serving of these rich, filling little treats will seriously satisfy your sweet tooth while nourishing you. Not only do the toasted sesame seeds in the tahini make the bars deliciously nutty-tasting, but they also add an abundance of nutrients and minerals.

Servings: 12 / Ingredients: 6 / Prep: 15 minutes

Ingredients

- 1½ cups graham cracker crumbs
- ¾ cup confectioner's sugar
- 1 cup tahini
- ¼ cup coconut oil, melted
- 1 cup dark chocolate chips
- 1 cup heavy cream

Directions

1. Grease an 8-by-8-inch glass baking dish.
2. In a large bowl, mix together graham cracker crumbs, confectioner's sugar, tahini and coconut oil. Pour the mixture into the dish and flatten into an even layer.
3. Place chocolate chips into a large bowl. In a small pot, bring cream to a simmer. Pour the cream over the chocolate and stir the chocolate until melted and smooth. Pour the chocolate over the tahini mixture and spread into an even layer.
4. Cover with plastic wrap and place in the refrigerator for about 45 minutes, until the chocolate is set.
5. Cut into 12 squares and serve.

Nutrition Facts (per serving)

Calories: 380; fat: 31 g; saturated fat: 14 g; polyunsaturated fat: 6 g; monounsaturated fat: 9 g; carbohydrates: 23 g; sugar: 12 g; fiber: 4 g; protein: 5 g; sodium: 81 mg

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