Tahini-Honey-Cocoa Spread Recipe

Basic Ingredients (350 gr jar)
• 200 grams honey
• 100 grams tahini/ sesame paste
• 20 tablespoons cocoa powder
• 2–3 tablespoons olive oil
• water if needed

Optional
• 3/4 cup walnuts, cashew crushed to a powder

Also needed
• blender or chopper
• jar

Variations
• almonds, pine nuts, or other nuts
• raisins, cranberries
• coconut oil
• dark chocolate chips
• chia/poppy seeds
• orange zest
• nutmeg, cinnamon, anise

Directions
1. Blend all ingredients until smooth. Check for desired consistency. If using nuts, they must be ground to a powdery consistency or the spread will be chunky.
2. Add water, oil, honey according to desired result.

If stored in a jar outside the fridge, consume within 2 months, or longer if it is refrigerated.

Nutritional value (without nuts)

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>2 Tbsp. (37gr)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>1958 kcal</td>
<td>195 kcal</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>142 mg</td>
<td>14.2 mg</td>
</tr>
<tr>
<td>Carbs</td>
<td>241 gr</td>
<td>24.1 gr</td>
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<tr>
<td>Dietary fiber</td>
<td>43 gr</td>
<td>4.3 gr</td>
</tr>
<tr>
<td>Protein</td>
<td>38 gr</td>
<td>3.8 gr</td>
</tr>
<tr>
<td>Fat</td>
<td>110 gr</td>
<td>11.0 gr</td>
</tr>
</tbody>
</table>

Nutritional values: Panagiotis Tilelis, Executive Coordinator of Fitness-Nutritionist, Office of Athletics
Recipe: Sophie Themelis, Wellness Coordinator, Pilates Instructor, ACG Health & Wellness Center