

Halvah

gluten-free, vegan

Halvah - A Veritable Calcium Cake!

1 ½ cup hulled, preferably organically grown, sesame seeds
1 Tbsp (or to taste) maple syrup, raw honey or agave
~ 4-6 Tbsp distilled water

1. Place sesame seeds in a blender. Grind to as fine a powder as possible, stopping a few times to stir up from the bottom to make sure all seeds are ground.
2. Transfer ground seeds to a bowl. Mix in chosen sweetener until well distributed throughout.
3. Add enough distilled water (usually 4-6 Tbsp) to form a loaf.
4. Refrigerate a few hours to firm-up before slicing.

This will keep at least a week in the refrigerator; much longer frozen.

Variations: add to the mix raw carob or cacao powder or, for some crunch, chopped raw walnuts or pecans.

Sesame seeds are a **superior source of the macronutrient calcium, which is vital for so many body functions. This halvah recipe uses hulled sesame seeds because the taste is closer to the traditional Middle Eastern dish. Hulled seeds contain 110 mg. of calcium per 100 grams (about 3.5 oz.) dry weight, which is a considerable amount.*

Un-hulled sesame seeds, however, are far richer in calcium, upping the calcium content to 1160 mg. per 100 grams which is higher than in any other food! You may want to try making this recipe with the whole, un-hulled seeds. It will take a bit more grinding in the blender and the taste is different than regular halvah, but you may like it and what a calcium punch!

Source: [Rethinking Cancer](#)

Bon appétit!