



# Black Bliss

## Carob Black Sesame

I have this thing about having to use up ingredients in my cupboard that have been there for a while, but I will only go for it if it's the right moment and I'm feeling the pull. On this occasion, the black sesame seeds were calling my name. I was at home in the Blue Mountains taking food shots with my new camera. I wanted something healthy that wouldn't make me feel guilty when I would have more than a couple, and I wanted a sweet treat that would not keep me wide awake at 3am, as could cacao.

On top of it, it should look interesting in a photo. Well, these little guys were born, they are definitely sleep-friendly and in my humble opinion a really healthy absolutely wonderful treat.

### MAKES ABOUT 20 BALLS

- 1 cup sunflower seeds
- 1 cup black sesame seeds, keep few tablespoons aside for coating
- ¼ cup carob powder, or 30g
- Pinch salt
- 6 Medjool dates, or about 80g
- ½ cup / 100g rice syrup
- 1 tsp vanilla extract

*'Don't be afraid of  
darkness, your eyes  
will adjust.'*  
— Klaus Mori.

In a frying pan, dry roast the black sesame seeds and the sunflower seeds separately as they require a different amount of time to get toasty. Take your time roasting them; the slower and more thoroughly the seeds are roasted the yummiest they are.

Keep ¼ cup of the black sesame seeds for coating the balls at the end.

In a food processor, first mix the dry ingredients for a couple of minutes very well, then add the rice syrup, vanilla extract and the dates.

Process until nice and homogenised into a big black blob.

Wet hands in water and roll into small balls, as these are quite rich in flavour.

Toss in toasted black sesame seeds and chill in the fridge.

Eat your heart out.