

tahini chocolate chip cookies vegan

tahini chocolate chip cookies vegan have become a popular choice among plant-based dessert enthusiasts and those seeking a unique twist on a classic favorite. These cookies combine the rich, nutty flavor of tahini with the sweet indulgence of chocolate chips, all while adhering to vegan dietary principles. Perfect for those avoiding dairy and eggs, tahini chocolate chip cookies vegan offer a moist, chewy texture and a depth of flavor that distinguishes them from traditional chocolate chip cookies. This article explores the ingredients, benefits, and tips for making the perfect batch, alongside variations and storage advice. For bakers looking to expand their repertoire, these cookies provide a delicious and wholesome alternative.

- Benefits of Using Tahini in Vegan Cookies
- Essential Ingredients for Tahini Chocolate Chip Cookies Vegan
- Step-by-Step Recipe for Tahini Chocolate Chip Cookies Vegan
- Tips and Tricks for Perfect Vegan Cookies
- Variations and Flavor Enhancements
- Storage and Shelf Life of Tahini Chocolate Chip Cookies Vegan

Benefits of Using Tahini in Vegan Cookies

Tahini, a paste made from ground sesame seeds, is a versatile ingredient that enhances the flavor and nutrition of vegan baked goods. Incorporating tahini into chocolate chip cookies vegan adds a distinctive nutty taste and a creamy texture, which compensates for the absence of butter or eggs. Its natural oils contribute to moist and chewy cookies, which can often be challenging to achieve in vegan baking.

Nutritional Advantages

Tahini is rich in healthy fats, protein, and essential minerals such as calcium, magnesium, and iron. Including tahini in vegan chocolate chip cookies boosts their nutritional profile, making them a more wholesome treat compared to conventional cookies. This ingredient also contains antioxidants and dietary fiber, supporting overall health and digestion.

Flavor Profile Enhancement

The subtle bitterness and earthiness of tahini balance the sweetness of chocolate chips, creating a complex and satisfying flavor combination. This synergy elevates the taste experience, making tahini chocolate chip cookies vegan a gourmet option for dessert lovers.

Essential Ingredients for Tahini Chocolate Chip Cookies

Vegan

Creating delicious tahini chocolate chip cookies vegan requires selecting high-quality, plant-based ingredients that work harmoniously. Each component plays a crucial role in texture, flavor, and structure.

Key Ingredients List

- **Tahini:** Provides richness, moisture, and a nutty flavor.
- **Flour:** All-purpose flour is commonly used, but whole wheat or gluten-free blends can be alternatives.
- **Sweetener:** Maple syrup, agave nectar, or coconut sugar are excellent vegan-friendly options.
- **Chocolate Chips:** Vegan dark chocolate chips or chunks ensure no dairy content.
- **Leavening Agents:** Baking soda or baking powder to help cookies rise properly.
- **Plant-based Milk:** Almond, soy, or oat milk for moisture and binding.
- **Vanilla Extract:** Enhances overall flavor.
- **Salt:** Balances sweetness and intensifies flavor.

Optional Ingredients

Additional ingredients such as ground flaxseed or chia seeds can be used as egg substitutes for binding. Nuts like chopped walnuts or pecans can add crunch and texture.

Step-by-Step Recipe for Tahini Chocolate Chip Cookies

Vegan

This section outlines a reliable recipe to produce delicious tahini chocolate chip cookies vegan, suitable for bakers of all skill levels.

Preparation and Mixing

Begin by preheating the oven to 350°F (175°C) and lining a baking sheet with parchment paper. In a large mixing bowl, combine the tahini and sweetener, mixing until smooth and creamy. Gradually add the plant-based milk and vanilla extract, blending well.

Incorporating Dry Ingredients

In a separate bowl, whisk together the flour, baking soda, and salt. Slowly add the dry mixture to the wet ingredients, stirring until just combined. Fold in the vegan chocolate chips, distributing them evenly throughout the dough.

Baking Instructions

Use a spoon or cookie scoop to drop rounded tablespoon-sized dough portions onto the prepared baking sheet. Leave ample space between cookies to allow spreading. Bake for approximately 10-12 minutes, or until edges are golden brown and centers appear set but still soft.

Cooling and Serving

Allow the cookies to cool on the baking sheet for 5 minutes before transferring them to a wire rack to cool completely. This resting period helps the cookies firm up while maintaining a chewy texture.

Tips and Tricks for Perfect Vegan Cookies

Achieving ideal texture and flavor in tahini chocolate chip cookies vegan can be enhanced by following several expert tips.

Adjusting Sweetness and Texture

Depending on preference, the amount of sweetener can be modified. For a less sweet cookie, reduce the maple syrup slightly. To increase chewiness, add a tablespoon of ground flaxseed or use slightly less flour.

Preventing Spread and Maintaining Shape

Chilling the dough for 30 minutes before baking helps prevent excessive spreading. Using parchment paper or silicone baking mats also supports even baking and easy removal.

Choosing the Right Chocolate

Select high-quality vegan chocolate chips with a cocoa content of 60% or higher for richer flavor and better melting properties.

Variations and Flavor Enhancements

Tahini chocolate chip cookies vegan are highly adaptable, allowing for numerous variations to suit different tastes and dietary needs.

Nut and Seed Additions

Incorporate chopped nuts such as almonds, walnuts, or pistachios for added crunch and nutrition. Toasting seeds like pumpkin or sunflower seeds before adding them to the dough can enhance their flavor.

Spices and Flavorings

Adding spices such as cinnamon, cardamom, or a pinch of sea salt can deepen the flavor profile. For a citrus twist, a teaspoon of orange zest complements the nutty tahini and chocolate perfectly.

Alternative Sweeteners

Experiment with coconut sugar for a caramelized note or date syrup for a richer sweetness. Adjust liquid quantities accordingly to maintain dough consistency.

Storage and Shelf Life of Tahini Chocolate Chip Cookies Vegan

Proper storage is essential to preserve the freshness, texture, and flavor of tahini chocolate chip cookies vegan.

Short-Term Storage

Store cookies in an airtight container at room temperature for up to one week. Placing a slice of bread inside the container can help maintain moisture and softness.

Long-Term Storage and Freezing

For extended storage, freeze cookies in a sealed container or freezer bag for up to three months. Thaw at room temperature before serving to restore optimal texture.

Frequently Asked Questions

What makes tahini chocolate chip cookies vegan?

Tahini chocolate chip cookies are vegan because they use plant-based ingredients such as tahini (sesame seed paste) instead of butter and avoid animal products like eggs and dairy.

Can I substitute tahini with peanut butter in vegan chocolate chip cookies?

Yes, you can substitute tahini with peanut butter, but it will change the flavor profile. Tahini gives a unique nutty and slightly bitter taste, while peanut butter is sweeter and more robust.

How do I make vegan tahini chocolate chip cookies chewy?

To make vegan tahini chocolate chip cookies chewy, use ingredients like brown sugar or coconut sugar, add a flax or chia seed egg substitute, and avoid overbaking. Tahini's natural oils also help keep the cookies moist.

Are tahini chocolate chip cookies gluten-free by default?

Not necessarily. Tahini chocolate chip cookies can be gluten-free if you use gluten-free flour, but traditional recipes often call for all-purpose flour, which contains gluten.

What are the health benefits of using tahini in vegan cookies?

Tahini adds healthy fats, protein, and minerals like calcium, magnesium, and iron to vegan cookies. It also provides a rich, nutty flavor and helps improve texture and moisture.

Can I store vegan tahini chocolate chip cookies at room temperature?

Yes, vegan tahini chocolate chip cookies can be stored at room temperature in an airtight container for up to 5 days to maintain freshness and texture.

Additional Resources

1. *The Vegan Cookie Jar: Tahini & Chocolate Chip Delights*

This cookbook is dedicated to vegan cookie recipes, with a special focus on tahini and chocolate chip combinations. It explores the unique nutty flavor of tahini and how it enhances the classic chocolate chip cookie. Alongside recipes, it offers tips on ingredient substitutions and baking techniques for perfect vegan treats every time.

2. *Tahini Treats: Vegan Chocolate Chip Cookies and Beyond*

Discover the rich and creamy world of tahini-infused vegan cookies in this beautifully illustrated book. It features a variety of chocolate chip cookie recipes, each incorporating tahini in innovative ways. The book also includes nutritional information and guidance on sourcing quality tahini.

3. *Sweet & Nutty: Vegan Cookies with Tahini and Chocolate Chips*

This book blends the flavors of tahini and chocolate chips to create irresistibly chewy and flavorful vegan cookies. It walks readers through easy-to-follow recipes suitable for all skill levels. Additional chapters cover storage tips and creative serving suggestions.

4. *Plant-Based Baking: Tahini Chocolate Chip Cookie Edition*

Focused on plant-based baking, this book highlights the health benefits of using tahini in cookies. The recipes prioritize wholesome ingredients and natural sweeteners, offering guilt-free indulgence. Readers will find variations on the classic chocolate chip cookie with a tahini twist.

5. *The Ultimate Vegan Tahini Cookie Cookbook*

A comprehensive guide to baking tahini chocolate chip cookies in vegan style, this book offers dozens of recipe variations. It includes gluten-free and allergen-friendly options, making it accessible to a wide audience. The author shares personal stories and baking tips to inspire creativity.

6. *Chocolate & Tahini: Vegan Cookie Creations*

Celebrate the perfect pairing of chocolate and tahini in this specialized vegan cookie cookbook. The recipes range from soft and chewy to crispy, accommodating different texture preferences. The book also explains the science behind tahini's role in vegan baking.

7. *Vegan Cookie Magic: Tahini and Chocolate Chip Favorites*

This book brings a magical touch to vegan cookie baking, emphasizing the harmony of tahini and chocolate chips. It features step-by-step instructions and stunning photography to guide bakers through each recipe. Bonus sections include ideas for cookie decorating and gift-wrapping.

8. *Wholesome Vegan Cookies: Tahini + Chocolate Chip Recipes*

Focusing on wholesome ingredients and simple preparation, this cookbook offers a variety of tahini chocolate chip cookie recipes. It emphasizes nutrition without compromising flavor, making it perfect for health-conscious bakers. Readers will appreciate the tips on ingredient quality and homemade tahini.

9. *The Art of Vegan Tahini Chocolate Chip Cookies*

This artistic cookbook combines culinary creativity with vegan principles, showcasing tahini chocolate chip cookies as a canvas for flavor experimentation. It encourages bakers to customize recipes with spices, nuts, and alternative sweeteners. The book also includes a section on pairing cookies with vegan beverages.

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tahini chocolate chip cookies vegan: *Planted Performance (Plant Based Athlete, Vegetarian Cookbook, Vegan Cookbook)* Natalie Rizzo, 2023-03-28 Although good nutrition is about eating the right nutrients for overall health, sports nutrition has more nuances, such as nutrient timing, meal composition, and hydration. When plant-based diets are thrown into the mix, a recipe for confusion is inevitable... but not any more! Dietician, food and nutrition author, and athlete natalie Rizzo, MS, RD breaks down the mystery of maintaining vegetarian and vegan diets for all types of athletes across all fitness levels in *Planted Performance*. After introducing everything you need to know about eating a plant-based diet -- including the types of nutrients to prioritize and how to get enough protein -- over 60 delicious and easy -to-make plant-based recipes are specifically designed to fuel

you through every part of the day. Also included are simple, daily meal plans for different types of training days (endurance, intense, strength, and rest), 7-day meal plans, and recipes that are geared specifically for pre- and postworkouts. Whether starting your day with Key Lime Quick Bread, snacking on Frozen Peanut Butter Banana Bites, or carb-loading with Lemon and Olive Oil Gnocchi with Zucchini Ribbons, *Planted Performance* will be your personal nutrition coach. -- Page 4 of cover.

tahini chocolate chip cookies vegan: Chocolate Cookie Recipes Delicious, creative, and unmissable for all occasions, 2024-03-28 INTRODUCTION If there's one thing we can all agree on, it's chocolate chip cookies. No matter your background or beliefs, no matter what's going on in the world, chocolate chip cookies are universally comforting. They are pure joy, a reminder of childhood, a way to bring family together. They mean time spent in the kitchen with my kids. They make a house smell like a home when my husband returns from work. They are what I take to my kids' teachers at school, the nurses at the hospital when my mom was receiving cancer treatment, and the new neighbors across the street who've just had a baby. Chocolate chip cookies are the simplest way to say "I'm sorry" and "I love you" and "I'm so happy you're in my life." They are a simple reminder that things don't need to be complicated. I am honored this book has become part of your home, and my hope is that the cookies from these pages bring joy to you and your family.

tahini chocolate chip cookies vegan: Love to Eat Nicole Keshishian Modic, 2022-10-25 A balanced relationship with your food is within reach! These 75+ recipes offer the freedom to eat the foods you love, without guilt, and to live your damn life once and for all. "Nicole's focus on wholesome recipes that fill your body and soul is such a balanced way to approach cooking, and will help encourage a healthy, loving relationship to food and your body."—Rachel Connors, author of *Bakerita In Love to Eat*, Nicole Keshishian Modic teaches you how to listen to your body's cues around food, discover a more flexible relationship to your diet, and nourish your body with real, whole-foods recipes that celebrate flavor. Growing up in Los Angeles, Nicole was surrounded by society's complicated views on women's bodies and countless diet crazes, but her Armenian father instilled his deep passion for food and flavor within her. Years of quietly suffering from an eating disorder led Nicole to find healing in the most unlikely place for her at the time—the kitchen—as she turned former binge foods into healthy but indulgent standards on her wildly popular blog, *KaleJunkie*. This inspirational cookbook is filled with recipes and inspirational stories to keep you feeling satisfied in body and mind. Nicole also shares her philosophy on what food freedom and intuitive eating truly mean (spoiler alert: Neither is about restrictive dieting!) and advice on how to carry that positive attitude into other aspects of your life. 75+ recipes showcase Nicole's Armenian background, love of comfort foods, and passion for creative (and kid-friendly) plant-forward meals. Discover dishes such as: • Blueberry Pancake Bread Muffins • Armenian Stuffed Bell Pepper Dolmas • The Best Quinoa Tabbouleh • Sweet and Sour Crunchy Cauliflower Bites • One-Pot Penne Arrabbiata • The Coziest Lemon Chicken Soup • Sweet Potato S'Mores Cookies. • Life-Changing Chocolate Chip Tahini Cookies With accessible and nutritious recipes designed for real, busy life, *Love to Eat* proves that there is room for a juicy burger in a healthy lifestyle—as long as you're eating with purpose and listening to your intuition.

tahini chocolate chip cookies vegan: Hungry Happens: Mediterranean Stella Drivas, 2025-09-09 100 healthy, deliciously doable, and Greek-Mediterranean recipes from the creator of *Hungry Happens* Stella Drivas created her blog *Hungry Happens* to share her easy, healthy meals that use wholesome ingredients. She was raised in a Greek household where meals were made from scratch and featured extra virgin olive oil, citrus, fresh greens, beans, lean meats and seafood, and of course feta cheese. The classic Greek cooking traditions passed down from her grandmother form the foundation of *Hungry Happens*: balanced, homemade meals with an emphasis on nourishing food. In *Hungry Happens: Mediterranean*, Stella makes it easier than ever to cook healthy meals the whole family will love on repeat. She delivers simple, Mediterranean-inspired recipes bursting with fresh flavors that anyone can recreate. Chapters include: Mornings: Veggie Egg Bites with Feta & Olives; Homemade Yogurt Flatbreads with Smoked Salmon, Avocado & Tzatziki; Cocoa Dutch Baby

with Fresh Strawberries Sunset Mezze: Sesame-Crusted Baked Feta with Hot Honey; Melitzanosalata Garlic Bread; Balsamic Roasted Strawberries with Whipped Honey-Ricotta Hungry in a Hurry: Chicken Saganaki; Crunchy Baked Beef Souvlaki Tacos; Mediterranean Baked Cod Go Greek: Loaf-Pan Chicken Gyros; Greek Lamb Fricassee; Skillet Moussaka Sweet Spot: Lighter Baklava Cheesecake; Strawberry Tiramisu; Vegan Tahini-Chocolate Chunk Cookies Stella believes that cooking is one of life's greatest pleasures, and with *Hungry Happens: Mediterranean*, she encourages us to embrace it with vibrant flavors and the freshest ingredients and share it all with the ones we love.

tahini chocolate chip cookies vegan: *Feel Good Baking* Teresa Cutter, 2025-09-30 From Australia's bestselling author and trusted brand The Healthy Chef comes a selection of delectable baking recipes that are as nourishing as they are delicious. Catering for all dietary needs, this beautifully crafted cookbook offers 100 trouble-free recipes that are designed to bring joy back into the kitchen and wellness into your life. Teresa Cutter, also known around the world as The Healthy Chef, has been delivering Australian cooks delicious, easy and highly nutritious recipes for more than two decades, on TV and in magazines and books. In *Feel Good Baking*, she distils her best baking ideas into 100 new recipes - savoury and sweet, snacks and breads - with variations tailored to all modern dietary requirements such as gluten-free, low-sugar, vegetarian and low carb. From The World's Healthiest Chocolate Cake and Baked Ricotta Dumplings to Zucchini and Ricotta Tart and her famous Gluten Free Banana Bread, every recipe is simple to make, budget friendly and good for the body. Each recipe is accompanied by stunning photography, making this cookbook not just a source of culinary inspiration, but also a visual delight. With top tips on ingredient swaps and suggestions on how to integrate these treats into a balanced lifestyle, this book is your go-to guide for guilt-free indulgence. Welcome to your new baking bible. Author Accolades: Silver Medal 2018 Independent Publisher Book Awards New York for Purely Delicious Silver Medal 2018 Independent Publisher Book Awards New York for Healthy Baking Gold Medal 2020 Independent Publisher Book Awards New York for Earth To Table Winner 2019 Gourmand World Cookbook Awards in Health + Nutrition for Earth To Table

tahini chocolate chip cookies vegan: Vegetarian Heartland Shelly Westerhausen, 2017-06-20 "Informed by traditional comfort food, her recipes are seasonal, vibrant odes to a too-often overlooked part of the country." —Food 52 Showcasing the heartland dishes we all love made vegetarian, this cookbook provides a literal and visual feast of creative, generous cooking that's born in the traditions of the Midwest but transcends geographic boundaries. Celebrated photographer and blogger Shelly Westerhausen presents 100 wholesome, meatless recipes for everything from drinks to desserts. Thoughtfully organized by the adventures that make a weekend special—picnics, brunch, camping and more—this gloriously photographed book will inspire folks to eat well, wherever their vegetarian ventures lead them. Celebrating a fresh perspective in food, here's a new go-to that's perfect for vegetarians and anyone looking for more delicious vegetable-forward meals. "Generous vegetarian recipes that I'd love to sit around the table and eat." —Anna Jones, award-winning author of *A Modern Way to Cook* "Represents a wholesome comfort food at its finest. Whether you're a seasoned vegetarian or simply looking to start incorporating more plant-based meals into your daily grind, this cookbook—packed to the brim with feel-good recipes and stunning photography—is for you." —Ashlae Warner, creator of the award-winning blog Oh, Ladycakes

tahini chocolate chip cookies vegan: Choosing Raw Gena Hamshaw, 2014-07-01 An accessible plan for anyone transitioning to a healthy, plant-based diet that highlights delicious, easy vegan and raw recipes.

tahini chocolate chip cookies vegan: Food52 Genius Desserts Kristen Miglore, 2018-09-04 IACP AWARD WINNER • Food52 is back with the most beloved and talked-about desserts of our time (and the under-the-radar gems that will soon join their ranks)—in a collection that will make you a local legend, and a smarter baker to boot. ONE OF THE NEW YORKER'S FIFTEEN ESSENTIAL COOKBOOKS • Featured as one of the best and most anticipated fall cookbooks by the

New York Times, Eater, Epicurious, The Kitchn, Kitchen Arts & Letters, Delish, Mercury News, Sweet Paul, and PopSugar. Drawing from her James Beard Award-nominated Genius Recipes column and powered by the cooking wisdom and generosity of the Food52 community, creative director Kristen Miglore set out to unearth the most game-changing dessert recipes from beloved cookbook authors, chefs, and bakers—and collect them all in one indispensable guide. This led her to iconic desserts spanning the last century: Maida Heatter's East 62nd Street Lemon Cake, François Payard's Flourless Chocolate-Walnut Cookies, and Nancy Silverton's Butterscotch Budino. But it also turned up little-known gems: a comforting Peach Cobbler with Hot Sugar Crust from Renee Erickson and an imaginative Parsnip Cake with Blood Orange Buttercream from Lucky Peach, along with genius tips, riffs, and mini-recipes, and the lively stories behind each one. The genius of this collection is that Kristen has scouted out and rigorously tested recipes from the most trusted dessert experts, finding over 100 of their standouts. Each recipe shines in a different way and teaches you something new, whether it's how to use unconventional ingredients (like Sunset's whole orange cake), how to make the most of brilliant methods (roasted sugar from Stella Parks), or how to embrace stunning simplicity (Dorie Greenspan's three-ingredient cookies). With photographer James Ransom's riveting images throughout, Genius Desserts is destined to become every baker's go-to reference for the very best desserts from the smartest teachers of our time—for all the dinner parties, potlucks, bake sales, and late-night snacks in between.

tahini chocolate chip cookies vegan: *The Protein Playbook* Women's Health, 2025-04-15 Eating more protein is easier than ever with these 75 high-protein recipes from the Women's Health Test Kitchen Women's Health shares the power of protein and how you can eat your way to greater strength, increased energy and a higher metabolism. High-protein diets are tried-and-true for weight loss but growing research suggests a protein-rich diet improves your overall muscle health and decreases blood pressure, blood sugar, triglycerides among other health benefits. In this ultimate guide to all things protein, the editors of Women's Health draw on the latest science to deliver an easy action plan to incorporate this powerful macronutrient into every meal. Inside you'll find: Why protein is essential and how much you need in a day The best sources of protein, including many accessible ingredients you can buy easily and helpful tips to boost protein at every meal Energizing breakfast recipes to start the day with a boost Satisfying lunch and dinner recipes that pack an energizing punch High-protein snacks and desserts to power you between meals Throughout the book, real women, including athletes and the editors at Women's Health, share their high-protein hacks and know-how. With 50 delicious and satisfying recipes, *The Protein Playbook* is the essential new cookbook for women who care about their health.

tahini chocolate chip cookies vegan: *Rachael's Good Eats* Rachael DeVaux, 2023-04-18 Instant New York Times bestseller! From an Instagram health, fitness, and food influencer with over half a million followers, Rachael's Good Eats is a beautiful, accessible four-color cookbook with over 100 recipes in every category from breakfasts, soups and hearty salads, to cozy comfort mains and all kinds of desserts! Rachael DeVaux's Good Eats makes cooking meals and daily treats enjoyable—and keeps the prep and kitchen clean-up easy as can be. Many dishes are one-pan, and almost all are expandable from “serves you and your roommate” to a crowd. Most of Rachael's recipes are vegetable-forward and emphasize food as fuel, but you'll find that most are paleo-style and use an array of wholesome ingredients for flavor and to promote satiety. They are gluten-free, dairy-free (for the most part) and refined sugar-free. And her recipes are not only easy, but truly inventive: Paleo Apple Crisp Pistachio-Crusted Fish Tacos Banana Chai Waffles With Whipped Honey Butter Chocolate Chip Cookie Skillet Rachael's specialty is making over childhood favorites into healthy and better-for-you versions: “Nutter Butters” “Nutella” spread “Twix” bars These recipes take ingredients you already like—or already order out for—and boost them with flavor to be so good they get into regular rotation! Photographs by Eva Kolenko

tahini chocolate chip cookies vegan: *Small Batch Cookies* Edd Kimber, 2024-08-29 70 NEW RECIPES FROM THE BESTSELLING AUTHOR OF ONE TIN BAKES! Craving a warm cookie, straight from the oven, but don't want to buy lots of expensive ingredients or make an enormous

quantity to last for weeks? Then this is the recipe book for you! Edd's tasty cookies are simple to make, with straightforward instructions and mouth-watering flavours. Only ever making a maximum of 6 biscuits, these are the perfect little treat. From Lemon Custard Creams to Sticky Toffee Cookies, Red Velvet Sandwiches and Mint Thins there is a perfect cookie for every moment, to be made just for you. The first ever winner of The Great British Bake Off, Edd is known for his reliable recipes and expert baking know-how, so even a beginner baker is guaranteed to find joy in these 70 sumptuous recipes. Whether chewy or gooey, chocolatey or crunchy, a small batch of cookies makes everything better!

tahini chocolate chip cookies vegan: A Grain, a Green, a Bean Gena Hamshaw, 2025-04-15 In this collection of over 80 delicious, plant-based recipes, nutritionist, blogger, and author of The Vegan Week explores one simple meal planning formula: a grain, a green, and a bean. "Gena's fun formula, made accessible by her bright recipes, is for anyone who wants to consume fewer animal products (me) and not feel unsated doing so (also me)." —Emma Laperruque, associate director of cooking at Bon Appétit and Epicurious This simple trinity of foods lends itself to endless possibilities. Gena Hamshaw expands on the nourishing and economical trio with meals that include not only dark, leafy greens, whole grains, and beans, but also pasta, bread, zucchini, edamame, and tofu. She offers an approach to wholesome vegan eating that's welcoming and adaptable to any lifestyle. Keeping busy schedules in mind, A Grain, a Green, a Bean includes time-saving methods and formulas, including sheet-pan meals and one-pot wonders. Bring the beans and grains in your pantry to life with recipes such as: • Bowls & Salads: Baked Pita, Crispy Chickpeas, and Spinach with Curried Cauliflower and Beet Couscous, Cheesy Tofu, and Watercress • Beans and Greens on Bread: Kidney Beans and Kale over Savory Waffles and French Onion Brothy Beans and Greens with Garlic Toast • Stovetop Meals: Red Wien Braised Mushrooms and French Lentils with Farro and Gochujang Pasta with Scallions, Kale, and Edamame • Oven to Table: Spinach Lasagna Rolls and Sheet Pan Shawarma-Spiced Soy Curls and Freekeh • Basics: Cashew Sour Cream and Eggy Tofu • Sweet Things: Freezer Fruit Crumble and Olive Oil Cake These recipes serve as flashes of inspiration for when you've looked in your cabinets ten times for dinner ideas and still don't know what to make. A Grain, a Green, a Bean will quickly set you up to create an array of beautifully balanced grain bowls, soups, salads, toast, and more—with the promise of endless possibilities to keep you inspired.

tahini chocolate chip cookies vegan: Eat Jewish Melinda Strauss, 2025-09-02 Bring family and friends together over delicious kosher meals from Melinda Strauss's Jewish family kitchen. In Eat Jewish, Jewish social media influencer and Modern Orthodox Jew Melinda Strauss (@therealmelindastrauss) pairs over 100 traditional and modern kosher recipes with key stories and insights into Jewish tradition, history, and culture. Addressing commonly asked questions about Jewish tradition along the way, Melinda celebrates the idea that food has no boundaries and welcomes anyone to make Jewish food and experiment with kosher recipes. What this book showcases most of all—and what binds it together—is family. Melinda's most popular food videos are of her family recipes—whether they're inspired by a Jewish holiday, her daughter's favorite Sabbath dishes, or her parents' and grandparents' recipes dedicated to their children and grandchildren—which Melinda is eager to share with the world. Including recipes for challah breads, dips, soups, dairy and non-dairy dishes, and holiday recipes, explore Jewish cooking in your home kitchen, no matter your skill level. Featuring a mouthwatering photo for almost every recipe, learn how to make: Sweet and Fluffy Challah Citrus Gravlax Nora's Broccoli Turkish Cheese Borekas Sumac & Za'atar Chicken Potato Kugel Barbecue Brisket Soup Bagel, Lox & Cream Cheese Hamantaschen Tahini Chocolate Cookie Sticks Cinnamon Bun Challah Bread Pudding and more! Eat Jewish invites you to the family table to share and enjoy this delicious cuisine.

tahini chocolate chip cookies vegan: Just the Good Stuff Rachel Mansfield, 2020-02-25 Welcome to food freedom: 100+ recipes that prove you can make healthy choices without sacrificing the meals, snacks, and sweets you love—with plenty of gluten-free, Paleo, and plant-based options. Rachel Mansfield's vibrant debut cookbook proves that living a healthy lifestyle doesn't mean adhering to restrictive diets or giving up all the foods you crave. Using better-for-you ingredients,

such as grain-free flours, collagen peptides, and coconut sugar, you can indulge while still maintaining a balanced approach to eating. Rachel's recipes focus on creative, flavor-forward takes on favorite, comfort food dishes—think Almond Butter Pad Thai, Sweet Potato Nachos with Cashew Cheese, Homemade Pastry Tarts with Berry Chia Jam, and Epic Quinoa Burrito Bowls. Though Rachel personally doesn't prescribe to a single diet or label, many recipes are Paleo-friendly, dairy-free, and gluten-free, and none include any refined sugar. This highly approachable book is organized to reflect the rhythms of real life: grab-and-go breakfasts, meat and vegetables perfect to mix and match for meal prep, easy solo dinners, potluck-friendly spreads, shareable snacks, and, of course, sweets—lots of 'em because as Rachel says, "You can have your gluten-free cake and eat it too!" Perfect for those who are new to cooking or learning how to incorporate healthy ingredients into their everyday lives, Just the Good Stuff includes an entire chapter on food prep (both a money and time saver!), lots of confidence-building tips, and inspirational advice. Praise for Just the Good Stuff "In Just the Good Stuff, Rachel creates recipes that are gluten-free, dairy-free, and deliciously vibrant. Her Crunchy Tahini Chocolate Grain-Free Granola and Paleo Everything Bagel Bread are just two of the many recipes you'll crave over and over again. Plus, having a guide to prepping food for the week, this book has you covered for all aspects of eating."—Frank Lipman, MD, bestselling author of *The New Health Rules* and *How to Be Well* "Rachel's recipes are modern, approachable, and simple enough that anyone can make them! Just the Good Stuff is a new staple on my bookshelf!"—Gina Homolka, New York Times bestselling cookbook author and founder of Skinnytaste

tahini chocolate chip cookies vegan: The Joyous Cookbook Joy McCarthy, 2019-12-31 NATIONAL BESTSELLER From the award-winning blogger and bestselling author Joy McCarthy comes 100 easy and delicious whole food recipes for a healthy diet. Joy McCarthy founder of the hugely popular Joyous Health blog shares her love of natural wellness and passion for simple cooking that's healthful and tastes amazing--food you feel good about and want to make every day. Now, in this gorgeously designed new cookbook, Joy offers a collection of 100 whole food recipes for happy, healthy living. From easy-to-make breakfasts, hearty mains, and one-pot meals, to sides and salads, snacks, and desserts, Joy shares her amazing recipes to keep you and your family well-nourished every day. With recipes like Apple Cinnamon Walnut Waffles, Crunchy and Creamy Soba Noodle Salad with Almond Dressing, Fish Tacos with Tomato Cilantro Salsa, Sweet Potato Veggie Pad Thai, Rustic Mediterranean Summer Galette, One-Pot Paprika Chicken, Strawberry Rhubarb Cobbler, and Almond Butter Rice Crispy Squares, getting a healthy meal on the table for you and your family is simple even on busy weekdays. The Joyous Cookbook includes an abundance of plant-based (vegan and vegetarian), kid-friendly, and allergen-free recipes and options, information on stocking your pantry, and so much more for healthy, joyous meals.

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culture of the Arab world, filled with moving personal essays on food, family, and identity and mixed with a pinch of California cool, from chef and activist Reem Assil “This is what a cookbook should be: passion, politics, and personality are woven through the fabulous recipes.”—Ruth Reichl, author of *Save Me the Plums* ONE OF THE TEN BEST COOKBOOKS OF THE YEAR: San Francisco Chronicle ONE OF THE BEST COOKBOOKS OF THE YEAR: Food & Wine, Los Angeles Times, *Saveur*, *Epicurious* Arabiyya celebrates the alluring aromas and flavors of Arab food and the welcoming spirit with which they are shared. Written from her point of view as an Arab in diaspora, Reem takes readers on a journey through her Palestinian and Syrian roots, showing how her heritage has inspired her recipes for flatbreads, dips, snacks, platters to share, and more. With a section specializing in breads of the Arab bakery, plus recipes for favorites such as Salatet Fattoush, Falafel Mahshi, Mujaddarra, and Hummus Bil Awarma, Arabiyya showcases the origins and evolution of Arab cuisine and opens up a whole new world of flavor. Alongside the tempting recipes, Reem shares stories of the power of Arab communities to turn hardship into brilliant, nourishing meals and any occasion into a celebratory feast. Reem then translates this spirit into her own work in California, creating restaurants that define hospitality at all levels. Yes, there are tender lamb dishes, piles of fresh breads, and perfectly cooked rice, but there is also food for thought about what it takes to create a more equitable society, where workers and people often at the margins are brought to the center. Reem's glorious dishes draw in readers and customers, but it is her infectious warmth that keeps them at the table. With gorgeous photography, original artwork, and transporting writing, Reem helps readers better understand the Arab diaspora and its global influence on food and culture. She then invites everyone to sit at a table where all are welcome.

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