



**Makes 18 cookies + 1 cup milk**

**Preparation Time: 30 minutes**

### INGREDIENTS:

#### COOKIES

20 pitted Deglet Noor dates, chopped

2 cups boiling water

2 tablespoons flaxseed meal

1 cup brown rice flour

½ teaspoon ground cardamom

¼ teaspoon ground nutmeg

1 teaspoon baking soda

¼ teaspoon sea salt

2 tablespoons tahini

1 teaspoon pure vanilla extract

½ cup dried cranberries

2 teaspoons sesame seeds

#### GOLDEN TURMERIC MILK (OPTIONAL)

1 cup unsweetened, unflavored plant milk, such as almond, soy, cashew, or oat

3 pitted Deglet Noor dates

1½ teaspoons grated fresh turmeric or ½ teaspoon ground turmeric

½ teaspoon pumpkin pie spice

¼ teaspoon pure vanilla extract

Pinch freshly ground black pepper

## Sesame Date Cookies with Golden Turmeric Milk

Fragrant with cardamom and nutmeg, and with chunks of dried dates and cranberries dotted throughout, these chewy-on-the-inside and crisp-on-the-outside cookies have a festive air. A shot of plant milk flavored with golden turmeric is the perfect dipper, but you can also enjoy them plain, tucked into your [lunchbox](#), or with a cup of tea. Made with brown rice flour and sweetened with blended dates, these kid-friendly, [gluten-free](#) date cookies are free from processed sugar and are as healthy as they are delicious.

For more inspiration, check out these tasty ideas:

- [Pumpkin Cranberry Cookies](#)
- [Dreamy Zucchini Breakfast Cookies](#)
- [Sweet Potato Chocolate Chip Cookies](#)
- [Chewy Apple-Raisin Oatmeal Cookies](#)

By Kathryn Johnson, RDN, LD

- 1 Preheat oven to 425°F. Line a baking sheet with parchment paper. In a bowl soak 10 of the dates in the boiling water 10 minutes; drain well.
- 2 In a small bowl stir together flaxseed meal and ¼ cup room-temperature water. Let stand 5 minutes. In a large bowl stir together flour, cardamom, nutmeg, baking soda, and salt.
- 3 In a food processor combine soaked dates, flaxseed mixture, tahini, and vanilla; blend until smooth. Add another 10 dates and the cranberries; pulse until incorporated. Add date mixture to flour mixture; stir until well incorporated. (You may need to work the dough a bit to combine.)
- 4 Turn the dough out onto a sheet of waxed paper; shape into a ball and flatten slightly. Top with another sheet of waxed paper and roll out until ¼ inch thick. Using desired-shape cookie cutters, cut out dough. Place cutouts on the prepared baking sheet. Brush cutouts with water and sprinkle with sesame seeds. Gently press seeds into dough.
- 5 Bake 8 to 10 minutes or until golden brown. Transfer to a wire rack; let cool.
- 6 To make Golden Turmeric Milk (optional), in a small food processor, combine ¼ cup of the milk with the dates. Process until a smooth paste. Add the remaining milk and the remaining ingredients. Process 2 minutes or until smooth. Pour into a small saucepan; heat over medium-high just until steaming. Serve as a dipper for cookies.