

Tiger Nut Sweets

Tiger Nut Sweets is one of the oldest recipes known. The recipe was found written on a broken piece of ancient Egyptian pottery that dates to around 1600 BCE. The original recipe used the tubers of the *Cyperus esculentus* plant, also known as tiger nut.

Ingredients

- 1 cup dried pitted dates
- 1 tbsp cinnamon powder
(or to taste)
- 2 tbsp roughly
chopped walnuts
- Honey (acacia honey if possible)
- 2 tbsp finely
ground almonds

Instructions

1. In a food processor, grind the dates with a splash of water to form a rough paste.
2. Transfer the paste to a bowl and add the cinnamon (to taste) and chopped walnuts.
3. Mix thoroughly with hands and roll the paste into small balls.
4. Mix honey and ground almonds in another bowl.
5. Coat balls in honey and almond mixture and serve.