Vegan Gluten-Free Mamoul

Cook Time: 0 min prep Time: 0 min total Time: 0 min servings: 0
Ingredients:

Dough

- 3/4 cup chestnut flour (or almond flour)
- 3/4 cup oat flour
- 1/3 cup date sugar
- 1/2 tsp baking soda
- 1/2 tsp salt
- 2 tablespoons date syrup
- 1 chia egg (1 T chia seed meal with 3 T water)
- 3 tablespoons coconut oil, melted
- 1 tsp vanilla extract

Date Filling

- 130g soft dates
- 1 tsp rose water
- 1 tsp ground aniseeds

Topping

- 2 tsps Aniseeds
- 2 tablespoons sesame seeds

Instructions:

1. Pre-heat the oven to 350F or 160C. Line two cookie sheets with parchment paper or a silicone mat.
2. Start by making the chia egg mix the chia meal with the water. Set aside for 5-10 minutes until it thickens and has an egg consistency.
3. To make the filling: combine the dates, ground aniseed, and rose water in a small food processor. Process just until combined. Pinch 14 equal sized pieces of the date paste and set aside while you make the dough.
4. Combine the flours, sugar, baking soda and salt in a a bowl and mix the ingredients together.
5. Add the syrup, chia egg, coconut oil and vanilla. fold in until well blended and you have a soft dough.
6. Pinch about a walnut sized piece of dough, totaling 14 pcs. Flatten the dough in the palm of your hand, then add one of the date pieces in the centre. Close dough around the date paste and form a ball. Do the same with the remaining dough to form 14 balls in total.
7. In a small bowl, mix the topping ingredients together. Roll the dough balls in the seed mix. if you have the mamoul mould, then go ahead and use one to make your desired shape. Place on the prepared cookie sheet. Otherwise flatten the rolled ball lightly with your palm. Make a hole in the centre with the back of a wooden spoon (or your finger) and place on the cookie sheet.
8. Bake for 15 minutes. Cool before eating.