



Greek honey sesame bars - Pasteli

5'
Hands on

30"
Hands off

10-12
Portion(s)

1
Difficulty



Ingredients

- 200 g sesame seeds
- 200 g honey
- 1 pinch salt
- lemon zest, of 1 lemon

Διατροφικός πίνακας

Nutrition information per portion

160 Calories (kcal)	9.8 Total Fat (g)	1.8 Saturated Fat (g)	14.0 Total Carbs (g)
8%	14%	9%	5%
14.0 Sugars (g)	3.7 Protein (g)	1.6 Fibre (g)	0.06 Sodium (g)
16%	7%	6%	1%

Method

- Place a [frying pan](#) over high heat.
- Add the sesame seeds and toast them for 2-3 minutes until golden. Remove and set aside.
- Place the same frying pan on heat.
- Add the honey and let it come to a boil.
- Add the sesame seeds, lower the heat to medium, and simmer for 5 minutes by constantly mixing with a wooden spoon.
- Remove from the heat and add the salt and the lemon zest.
- Pour the mixture into a [20 cm round cake pan](#) lined with parchment paper, and spread it well with a spoon.
- Allow 20 minutes for it to cool and serve.

Tip

The longer you let the pasteli cool, the more it will thicken.