

ONE BITE

VEGAN MAGAZINE

HOW TO MAKE
Vegan
Sushi

Superfood Infused
Coconut
and Cacao
Donuts

MUST TRY
Bliss Ball
- 4 WAYS!

22
FUN-SIZED
FLAVOR-FILLED
PLANT BASED
RECIPES

Kid Approved!
Zucchini
Tater Tots

Party Perfect Spinach Cheese
Pizza Rolls

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Maple Sesame Popped Sorghum Balls



By: Lori Rasmussen

Yield: 1 dozen

Substitute your favorite nut or seed butter for the tahini, and experiment with different additions, like dried fruit and other seeds.

Ingredients:

- 1/4 cup sorghum (should yield about 1 cup popped)
- 1 cup rolled oats
- 1/4 cup tahini
- 1/4 cup brown rice syrup
- 2 tablespoons maple syrup
- 1/2 teaspoon salt (omit if using salted nut/seed butter)
- 3 to 4 tablespoons sesame seeds

Instructions:

1. Begin by popping the sorghum:

Stovetop method - Heat a small stainless steel pot with tight fitting lid over medium heat. Once hot, add 1/4 cup sorghum and cover. Shake the pot occasionally to prevent burning. Once the popping has slowed to 8-10 seconds between pops, remove from heat and uncover. Be careful of the steam! Move the popped sorghum to a bowl to cool.

Microwave method - Place 1/4 cup sorghum in a paper bag. Tightly fold the bag closed and place folded side down in microwave. Cook for 2-3 minutes, depending on the oven. As mentioned above, stop when there are 8-10 seconds between pops.

2. In a large bowl combine the 1 cup popped sorghum and 1 cup oats.
3. In a small bowl combine the tahini, brown rice syrup, maple syrup and salt. Warm slightly in the microwave (about 15 seconds). Alternatively, warm these 3 ingredients in a small pot on the stove.
4. Pour the tahini mixture onto the oats and sorghum, stirring to combine. Add the sesame seeds and continue to stir until everything is well incorporated.
5. Lightly wet your palms. Scoop about 1 1/2 Tbsp of the mixture into one hand and squeeze tightly to compact the ingredients. Then roll the mixture between your palms to form a smooth ball. Continue rolling the balls, re-wetting hands as necessary.



ABOUT THE AUTHOR

Lori Rasmussen: Lori enjoys cooking and sharing vegan food, hanging out with her husband and cats, practicing yoga, running, and reading about vegan nutrition. You can find her recipes and learn more about her approach to a fun, sustainable, nutrient-focused vegan diet at myquietkitchen.com.

