

ONE BITE

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Miso Sesame Shortbread Cookies

By Lisa Turner

Adapted from What's Cooking Good Looking

Easy, soft and flaky sweet buttery shortbread cookies with a hint of miso

Makes about 30 cookies

Ingredients:

- 1 cup unsalted vegan butter
- 1/2 cup maple syrup
- 2 1/2 tablespoons white (shiro) miso
- 2 1/2 cups almond meal
- 1 cup tapioca starch
- pinch of sea salt
- 1 1/2 tablespoons sesame seeds

Instructions:

- Line a baking sheet with parchment paper.
- Using a stand mixer or electric hand mixer, cream together the butter and maple syrup on high speed for about 3 minutes until light and fluffy. Add the miso and process on high for another minute.
- Add the almond meal, tapioca starch and sea salt and mix on low speed until just incorporated. Don't overmix. The dough should be crumbly, but somewhat sticky.

- Spoon the batter onto the prepared baking sheet and place a piece of parchment paper on top of that. Press down firmly using the palms of your hands to form a rectangle roughly 1/4 inch thick. Let the dough sit in the refrigerator for at least 1 hour or longer.

- Preheat the oven to 350°.

- Cut the dough into roughly 1 1/2 inch squares and move each cookie slightly apart. You can also use a cookie cutter to cut into other shapes. The extra edges from the rectangle can be trimmed off and shaped into squares or whatever shape you like, such as rounds. Sprinkle the sesame seeds over the tops of the cookies.

- Bake in the preheated oven for about 20 to 25 minutes, turning the pan half way through the baking time. When the edges begin to brown, remove from the oven. Let the cookies cool on the baking sheet for 40 minutes or even longer, and then when they are firmer, transfer to a wire rack to cool completely. Serve them up and store any remainders in a covered container in the refrigerator for up to a few weeks, or longer in the freezer.

About the author...

Lisa is based in London, Ontario, a veteran vegetarian for 27 years, she serves up a collection of delicious culinary creations from her kitchen, with an emphasis on spicy Indian dishes and whole foods. If you want to know what sensible vegetarians eat, Lisa's Kitchen is the place to be.

[Check out her website.](#)

