

Gomasio

Joy Barnes

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1 cup unhulled Sesame Seeds
½ tsp Salt (or salt to taste)¹

- ✓ In dry skillet toast sesame seeds on medium high heat stirring constantly.
- ✓ After it begins to crackle, turn down the heat to medium and continue stirring until crackling almost stops.
- ✓ Remove from heat and add the salt.
- ✓ After it cools some, blend and put in a sealed container. It blends best in a Magic Bullet type blender ½ cup at a time.

1 The ½-teaspoon measurement is the salt content of the gomasio we use in our recipes.