

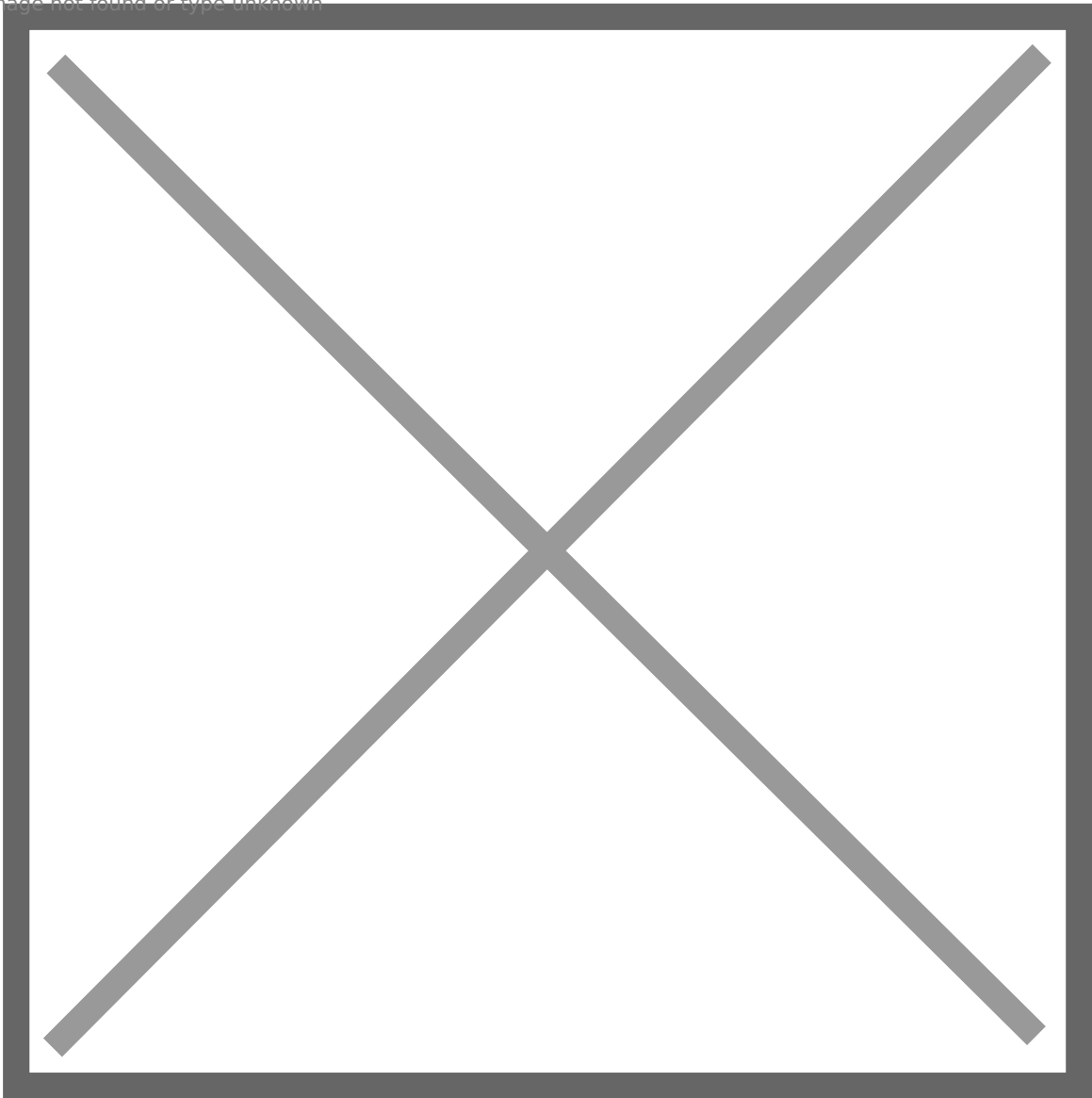
# Food and Medicine in the Time of the Epicureans in Ancient Greece and Rome

Post by “Kalosyni” of August 20, 2025 at 3:38 PM

I just found this recipe, but finding good and fresh sesame seeds in my neck of the woods might not be easy. (Could probably find them at a health food store, next time I go into a big city).

This seems like a celebratory type of food...perhaps something which could be served at a Twentieth feast:

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[Pasteli | Ancient Greek Honey Sesame Bar | Lemon & Olives | Exploring Greece and Beyond: Mediterranean Diet Tips & Recipes for Wellness, Nutrition, and Healthy Living](#)

This classic Ancient Greek recipe is for what is know as the world's first energy bar. Made with sesame seeds and honey, give ancient greek pasteli a try

[www.lemonandolives.com](http://www.lemonandolives.com)

Ingredients:

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- 1 cup sesame seeds
- 1/3 cup pistachios optional, cut in halves
- 1/2 cup honey
- 1 inch lemon peel
- 1 teaspoon lemon juice
- 1/4 cup sugar optional