



Child-Friendly Charoset Balls

Growing up, I never liked charoset – the point of the item on the seder plate, is to resemble the mortar bricks that the Hebrew slaves worked with during their bondage in Egypt. Only after marriage did I realise that the ingredients in the charoset are actually non proscriptive and each family had their own mix. What you will find below is my non-traditional alternative to charoset. For more traditional recipes please click [here](#) [1].

INGREDIENTS:

24 dates, pitted

100 grams walnuts

1 tablespoon red wine/grape juice

5 tablespoons cacao powder

Pinch sea salt flakes

Cocoa powder or desiccated coconut, toasted to roll the charoset balls in

METHOD:

Place the dates, walnuts, wine or grape juice, cacao and salt in a food processor. Process for 2-3 minutes or until the nuts are finely chopped and the mixture comes together.

Roll 2 teaspoons of the mixture into balls.

Roll half the balls in cooa powder or desiccated coconut.

Refrigerate until ready to serve. Makes 22.

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Links

[1] <http://www.theus.org.uk/category/seder-plate>