



Traditional Charoset

INGREDIENTS:

$\frac{3}{4}$ cup walnuts

$\frac{1}{4}$ of a large cooking apple

Wine

2 tsp cinnamon

2 tsp sugar

METHOD:

Chop walnuts and apples. Moisten with the wine to taste. Add cinnamon and sugar. Ready for serving.

For a diabetic version of this recipe, substitute sugar with checked chopped dates.

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