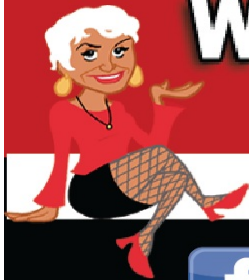


WEIGHT ★ NO ★ MORESM DIET CENTER



No one does what we do!



weightnomoredietcenter.com

WeightNoMoreDC



CHAROSES

Stabilization (Week 3) & Maintenance

Ingredients

- 1 large un-peeled, cored apple
- 1/4 cup ground walnuts
- 1 TSP ground ginger
- 1 TSP cinnamon
- 1/4 dry red wine
- 3 packets Splenda

Instructions

1. Using a medium-sized bowl, grate the apple.
2. Add the rest of the ingredients and mix together with a wooden spoon into a thick consistency. Mix or blend the above ingredients to a desired consistency. If you prefer a lumpy consistency, blend ingredients with a fork. For a smoother texture, purée in a blender or food processor.
3. Store covered in the refrigerator until ready to serve.

Portion-Per-Serving Information (Serves 8): Serving = 2 TBS = 1 FR, 1/2 FT