



**CHAROSES** (Sephardic Passover table)

Stabilization (Week 3) & Maintenance)

### Ingredients

1/4 cup chopped raisins  
1/4 cup chopped dates  
2 TBS toasted pine nuts, walnuts OR almonds  
1/2 cup water  
1 TSP cinnamon  
pinch cloves and cardamom  
lemon juice, cayenne

### Instructions

In medium bowl, combine the ingredients with a fork. Mix well. Taste and adjust seasoning as desired.

### Portion-Per-Serving Information (Serves 8):

Serving = 2 TBS = 1 FR, 1/2 FT