**Charoset Recipe**

Ingredients:

¼ cup of well-chopped pitted dates

¾ cup chopped walnuts

½ cup raw organic sunflower seeds

1 organic apple washed and chopped

½ tsp powdered cinnamon

3 TBS kosher for Passover, vegan red wine.

Directions:

All ingredients should be measured AFTER chopping. Place everything into a food processor fitted with an “S” blade and process just until it becomes a chunky cohesive mixture – don’t over process.

Makes about 1 cup – Serves 6-8