

Traditional Charoset (for Passover!)

Charoset, also known as haroset, is a mixture of fruits and nuts eaten at the Passover Seder. Charoset is easy to make, and it's one of those fly-by-the-seat-of-your-pants recipes, as you adjust as you go! It's naturally gluten-free of course, and is a yummy, sweet condiment.



Ingredients

- 6 apples *finely diced (granny smith)*
- 1 tablespoon cinnamon *more as desired*
- 1/3 cup red wine *more as desired*
- 1-1/2 cup walnuts *finely chopped*
- 1 tablespoon Honey Maple Syrup, *(optional)*

Instructions

- In large bowl, stir together all ingredients. Store, covered in the refrigerator.

Nutrition

Serving: 10g**Calories: 174kcal****Carbohydrates: 25.6g****Protein: 3.5g****Fat: 7.7g****Saturated Fat: 0.4g****Sodium: 2mg****Fiber: 4.8g****Sugar: 18.7g**