

*Everyday Healthy! Everyday Delicious!*

From the Kitchen of Janice Feuer Haugen

## Recipe for Sugar Plums

Inspired and adapted from a recipe from my friend Maribeth Goodman

Makes about 70

2 cups almonds or walnuts  
1 cup dried apples, packed  
1 cup dried apricots, packed  
1 cup pitted Medjool dates, packed  
2 tablespoons honey  
1 ½ tablespoons fresh orange juice  
2 teaspoons orange zest  
1 teaspoon ground cinnamon  
½ teaspoon ground nutmeg  
½ teaspoon ground cardamom  
½ cup shredded coconut  
½ cup organic sugar

Preheat the oven to 350 degrees.

Place the almonds or walnuts in a single layer on a baking pan and bake for 6 minutes, until lightly toasted. Set aside to cool.

Place the fruit and dates into the bowl of a food processor. Then add the honey, zest and juice and spices. Process using the pulse button until very coarsely chopped. Add the cooled, toasted nuts. Continue to process using the pulse button until all is finely chopped and well blended.

Put the shredded coconut in a blender jar and process until very finely chopped. Put the coconut in a small flat bowl. Put the organic sugar in another small flat bowl. Line a pan with plastic wrap.

Form rounded teaspoon-sized balls of the mixture. Drop the balls into either the bowl with the sugar or the bowl with the coconut. Roll the balls around to coat them completely. Place the sugar plums on the plastic-lined pan. Refrigerate them for at least 24 hours before serving at room temperature.