



<b>Brick</b>	<b>Marlboro</b>	<b>Oakhurst</b>	<b>Brooklyn</b>	<b>Cedarhurst</b>
<b>732.903.7700</b>	<b>732.536.2027</b>	<b>732.663.0222</b>	<b>718.998.8898</b>	<b>516.569.6400</b>

<b>CHAROSES</b>	<b>Stabilization (Week 3) &amp; Maintenance</b>
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### Ingredients

- 1 large unpeeled, 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