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<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>

**CHAROSET**

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