

Fig Candy

Ingredients

1/2 cup dried figs, quartered
1/2 cup slivered almonds
1/2 cup dried apricots
2 teaspoons ground coriander
2 teaspoons finely grated lemon rind
1 tablespoon honey
3 tablespoons grape juice
2 tablespoons toasted sesame seeds
Carob powder or fine flaked coconut, for rolling

Method

Process figs to a smooth mixture in food processor. Transfer to small bowl. Process almonds and apricots coarsely in food processor. Stir into fig mixture. Add coriander, lemon rind, honey and enough grape juice to bind ingredients. Refrigerate for 1 hour. Using a melon baller, scoop into 1-inch balls and roll in sesame seeds, carob powder or fine flaked coconut. Keep covered in the refrigerator for two weeks. Yields 24.

Note

Calories: 43, total fat: 2g, dietary fiber: 1g, protein: 1g, potassium: 97mg