

Rose Water, Cardamom and Walnut Date Bites

A traditional Middle Eastern cookie that is exchanged around the holidays called Kalecha inspired me to create this recipe. These delightful and festive round bites are easy to make using the same flavors minus the flour, butter and sugar.

Ingredients

2 cups Raw Unsalted Walnuts Halves + $\frac{3}{4}$ cup chopped
 $\frac{3}{4}$ teaspoon Finely Ground Cardamom
 $\frac{1}{2}$ teaspoon Rose Water
2 cups Good Quality Dates, pitted (Medjool Recommended)
 $\frac{1}{2}$ cup Raw Shredded Unsweetened Coconut + additional if needed

Preparation

Place shredded coconut into a small bowl and set aside.

Place two cups walnut halves in a food processor and pulse until finely ground. Add cardamom and rose water and pulse. Gradually add the dates while the machine is running and pulse until well combined. The mixture should easily stick together, if needed add more dates.

Transfer mixture to a medium bowl and stir in $\frac{3}{4}$ cup chopped walnuts until thoroughly combined. (Add additional nuts if preferred)

One by one, form mixture into 1-inch round balls, making a smooth outer texture using the palms of your hands then place in the bowl of shredded coconut generously coating on all sides. Place bites in a large sealable container lined with parchment paper, layering with additional parchment paper if needed.

Seal container and freeze until cold. Store in the freezer and serve cold.

Makes 16-18 Bites