

# Frozen Date-Nut Bonbons

Recipe By Sharon Shriqui



Cooking and Prep:  1 h

Serves:  24

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Passover, Tu-Bishvat

Diet: Vegan, Gluten Free, Low

Fat, Low Carb, Salt Free,

Vegetarian, Pescetarian

Source: Whisk by Ami

Magazine

## Ingredients (6)

### Main ingredients

- 1/2 cup walnuts
- 10 dates
- 1 tablespoon flax seeds *(optional; omit on Passover)*
- 1/2 teaspoon cinnamon *(optional)*

1/2 teaspoon **Gefen Vanilla Extract** *(optional)*

3/4 cup dried unsweetened coconut

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## Start Cooking

### For the Bonbons

1. In the bowl of a food processor, grind the walnuts until coarse or fine, depending on your preference. Add the dates and process again until fully combined. Add flax seeds, cinnamon, and vanilla if desired and pulse again.
2. Place coconut in a dish. Roll mixture into balls and roll each ball in coconut.