

Sparkle Kitchen

Sugar Plums

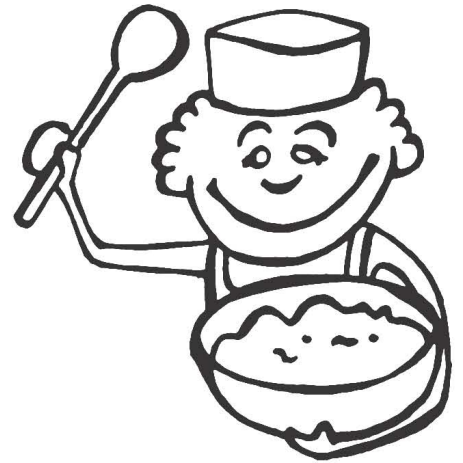
Ingredients

- 3 ounces almonds, roughly chopped
- 3 ounces hazelnuts, roughly chopped
- 4 ounces dried plums
- 4 ounces dried apricots
- 4 ounces dried figs (with the stems removed)
- 1/4 cup powdered sugar
- 1/4 teaspoon anise seeds, toasted
- 1/4 teaspoon fennel seeds, toasted
- 1/4 teaspoon caraway seeds, toasted
- 1/4 teaspoon ground cardamom
- Pinch sea salt
- 1/4 cup honey
- 1 cup coarse unrefined sugar

Directions

Put the almonds, hazelnuts, plums, apricots, and figs into a food processor and process — pulsing over and over — until the fruit and nuts are chopped into small pieces. (But stop before the mixture turns into a ball.)

In a medium mixing bowl, combine the anise, fennel and caraway seeds with the cardamom, powdered sugar, and salt. Add the nut and fruit mixture and the honey and mix with your hands until well combined.



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Scoop a tablespoon of the mixture, and roll it into a ball. Then roll the ball in the coarse sugar and serve. Repeat with the rest of the mixture.

(If not serving immediately, do not roll in sugar. Store in an airtight container, and roll in sugar before serving. These balls can be stored for up to a month.)

Quick note: If you want them to be a little simpler, leave out the seeds. A little cardamom will give a bit of spice, and they'll be equally as delicious.

Enjoy!