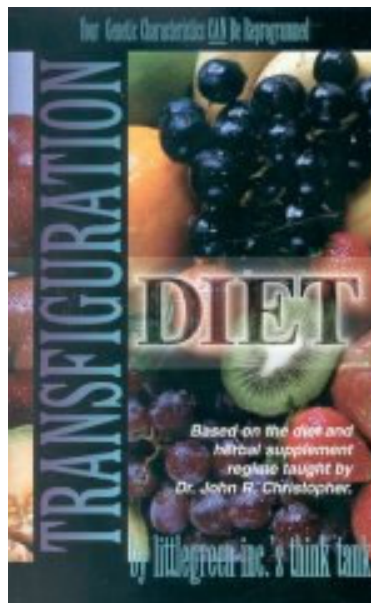


# Herbal Legacy Recipes

## Raisin-Nut Balls

From The Transfiguration Diet

If you want a treat that looks and tastes like candy, try preparing some raisin-nut balls. In a blender, chop up a mixture of raisins or currants with almonds, cashews, pecans and walnuts. If the proportion of raisins to nuts is about 50/50, you can easily roll the chopped mixture into balls and they will hold together well. You can add other items for flavoring, such as vanilla or almond extract, cinnamon, allspice, and honey. Place the raisin-but balls in the freezer to chill before serving.



[http://www.christopherpublications.com/Littlegreen\\_Transfiguration.html](http://www.christopherpublications.com/Littlegreen_Transfiguration.html)

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