

Majoun

recipe from NourishedKitchen.com

Ingredients

- 4 ounces infused ghee or other infused fat like coconut oil
- 6 ounces chopped & pitted dates
- 4 ounces chopped dried figs
- 1/2 cup finely ground almonds
- 1/4 cup finely ground walnuts
- 1/4 cup honey
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground coriander
- 1/2 teaspoon rose powder
- 1/4 teaspoon ground cumin
- 3/4 teaspoon fenugreek
- 1/8 teaspoon ground cardamom
- 1/4 cup hemp hearts or more as needed

Instructions

- Combine the dates, figs, almonds and walnuts into the food processor or blender and process until all the ingredients are finely chopped and uniform in size. Transfer the fruit and nut mixture to a large mixing bowl.
- Pour the infused ghee over the fruits and nuts and then drizzle in the honey. Sprinkle the mixture with the herbs and spices. Mix by hand until all ingredients are uniformly combined and then form into balls about an ounce in size.
- Dredge the majoun in the hemp hearts or ground walnuts.

Notes

Variations: try other dried fruits, I used raisins in place of the figs the first time. Add chocolate by adding into the dried fruit mixture or coating the majoun.

Add citrus peel. Orange and lemon peel provide a lovely brightness that balances the deep flavour of the dried fruit and spices.

Ras al hanout is a Moroccan spice that would have these spices all together if you don't want to have to buy a whole list of spices just for one recipe.

This recipe is highly adaptable, have fun!