



Sustainable Solano
NURTURING INITIATIVES FOR THE GOOD OF THE WHOLE

Walnut & Raisin “Bon Bons” for Toddlers

1 cup walnuts or blanched/skinned almonds

½ cup raisins

4 oz. cream cheese (regular, not low-fat)

½ t. vanilla extract

If desired, toast the nuts:

Preheat oven to 350 degrees. Spread nuts out on a dry sheet pan and bake until lightly golden. (Nuts burn easily! Check them after 7 minutes, and then every 1-2 minutes until done.) Cool nuts completely.

Place 1 cup nuts in food processor and pulse until finely chopped. Remove and spread out on a plate or small tray. (Don't bother to clean the food processor bowl.)

Chop down the raisins, either by hand or in the food processor. Add the cream cheese & vanilla and process until well combined.

Take a bit of cream cheese mixture and form into a ball. Roll the ball in the ground nuts to coat it. Repeat with remaining cream cheese mixture and nuts.

Store bon bons in the refrigerator for 2 days, or freeze (despite being in the freezer, there is very little change in texture or firmness, and they can be served right out of the freezer).

Makes about 2 dozen marble-sized bon bons.

Chef's Notes:

- If nuts need to be avoided, you can substitute about 4 T. wheat germ, rice cereal (like Rice Krispies), ground up Cheerios, or graham cracker crumbs.
- In place of the raisins, try substituting equal parts shredded carrots + minced, pitted dates.

Buy local! Get produce for this recipe from small Solano County farms.

Visit <http://sustainablesolano.org/local-food/> for resources and information.