

Rum Balls

From Justin Wheeler, Friedman School of Nutrition, Tufts

Ingredients:

- 2.5 cups crushed vanilla wafers (I used Nilla Wafers)
- 1.5 cups confectioner's sugar
- 1 cup crumbled walnuts or pecans
- .5 cup rum
- 2 tbsp corn syrup or honey
- 2 tbsp baking cocoa

Instructions:

1. Crumble the vanilla wafers and set aside. Shoot for smaller uniform crumbs (it will sort of do this on it's own if you crumble them by hand), but some larger bits are ok
2. Sift together 1 cup of confectioners sugar with the cocoa in the main mixing bowl.
3. In a separate prep bowl, combine the rum and corn syrup (whisk with a fork for a few seconds).
4. Add the rum / corn syrup mixture into the main bowl that has the sugar in it. Mix well.
5. Add in the crumbled vanilla wafers and nuts. Mix it all together. It should have a cookie-dough-like consistency.
6. Shape batter into walnut sized balls. Dredge each ball with the remaining .5 cup of confectioner's sugar.

Makes 16 to 24 balls. That's pretty much the basic recipe. They are ready to eat after coating with sugar, but they harden up and are easier to handle if you put them all in a plastic container and refrigerate them overnight. Using honey instead of corn syrup will probably add another layer of complexity to the flavor. You could also toss in some shaved coconut... just kind of eyeball it. For the rum, the safest bet would be to use some sort of spiced rum like Captain Morgan's Spiced Rum. A nice smooth bourbon like Maker's Mark would also work nice instead. That's the fun thing with this recipe... there is a lot of room for customization.