

## Common Koliva Ingredient List

Submitted by Ann Zakreski

*"I heard Father Panayiotis say he had a quick cooking recipe for the wheat berries, so I did not write anything about how to make Koliva, I am just supplying a list of common ingredients and notes about pomegranate"*

Wheat berries

Pecans and/or walnuts

Sesame seeds

Sliced almonds

White raisins

Salt

Cinnamon

Ground clove

Chopped parsley

Pomegranate seeds

Vanilla wafer, graham cracker crumbs or zwieback toast, ground

Confectioner's sugar

Jordan almonds

### Pomegranate seeds:

She finds them occasionally at **Trader Joe's** in the section where they have the bagged salad and vegetables. They have already done the work and the seeds are in a small plastic container. She tried freezing them to put in Kollyva, to have them in advance when she needed them. It worked perfectly!

She put them in a small zip lock freezer bag, and froze. **Note:** As the seeds are defrosting, they should be in a mesh strainer so any excess water content may simply run off (i.e., to avoid ruining your kollyva).

### Prayers for those in Repose

*Christ our Lord, grant rest to Your servant (name) among Your Saints, where there is no pain, sorrow or suffering, but everlasting life. With the righteous who have reposed in Your peace, grant rest, Savior, to the soul of Your servant (name), and bestow upon him/her the blessed life which is from You, merciful Lord. Lord, remember Your servant (name) who has fallen asleep in the hope of the Resurrection. Forgive her/her every transgression he/she has committed in thought, word or deed. Grant him/her peace and refreshment in a place of lift where Your glory delights all the Saints. For You are the resurrection, the repose and the life of Your redeemed servant (name), and to You I give glory, now and forever. Amen.*