

# Carob Delight

## Ingredients:

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|--|---|
| 1. 50% Almonds, 50% Cashews, 1 cup       | A |
| 2. Raisins ½ cup, made fine              | B |
| 3. Coconut dried flaks, 2 cup, made fine | C |
| 4. Carob powder, 3 x Tsp                 | C |
| 5. Honey, 2 x Tsp                        | D |
| 6. Coconut oil, 4 x Tsp                  | D |

## Preparation:

1. In a Magi-Mix or similar low speed mixer, grind the almonds to a medium broken consistency.
2. Add the raisins and chop.
3. Add all the “C” ingredients and mix.
4. Add the molten coconut oil and honey and mix till firm dough
5. Flatten and compact the mixture on a flat baking tin
6. Cut it in small blocks
7. Place the tray in the deep freeze for 20 min
8. Broke into blocks and store

Enjoy it &



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