

Carob Delight

Ingredients:

1. 1 Cup nuts, 50% Almonds, 50% Cashews
2. ½ Cup Dates pitted or Raisins, made fine in a S-Blade food processor.
3. 2 Cups Coconut dried flaks, finely chopped in a in a S-Blade food processor.
4. 3 x Tbsp Carob powder
5. 2 x Tbsp Honey
6. 4 x Tbsp Coconut oil

Preparation:

1. In a Magi-Mix or similar low speed mixer, grind the almonds to a medium broken consistency.
2. Add the dates/raisins and chop.
3. Add the Carob powder and mix.
4. Add the coconut oil and honey, and mix till firm dough.
5. Flatten and compact the mixture on a flat baking tin.
6. Cut into small blocks.
7. Place the tray in the deep freeze for 20 min.
8. Break into blocks and serve.

Enjoy &



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