

the Carob KITCHEN

A U S T R A L I A

RECIPES FROM OUR KITCHEN

*Here are
some of our favourite
Sweet Treats and Savoury
Delight recipes:*

Carob Bliss Balls

- 1 Cup Prunes
- 1 Cup Dates
- 1 Cup Raw Almonds
- ½ cup Sesame Seeds
- ½ cup Pepitas
- ¼ cup Carob Kitchen Roasted Carob Powder
- 2 tablespoons Carob Kitchen Carob Syrup
- Carob Powder for dusting.

Mix all these nutritional ingredients in a food processor and blend to your own consistency.

Roll into teaspoon portion balls.

Roll through the Carob Kitchen Carob Powder.

Ready to eat....no baking needed!

Variations: Try other seeds and berries such as cashew nuts, goji berries and poppy seeds.

For more recipes visit www.thecarobkitchen.com.au

