

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:

Mix me, Blend Me, Shake, Rattle and Roll Me!

- Salad Dressing -

- 1 tablespoon Carob Kitchen carob syrup
- 2 tablespoon olive oil
- 1 tablespoon apple cider vinegar
- $\frac{1}{2}$ teaspoon wholegrain mustard.
- 1 clove garlic.
- Salad Greens - whatever takes your fancy!

Finely grate garlic and mix with all other ingredients.
Give it a little shake, rattle and roll. Then pour over
your green leaf salad for a light refreshing dressing.

Mothers Milk

- Carob Milk -

- 1 tablespoon Carob Kitchen carob syrup
- 1 cup milk - make it the real stuff!

Give it a little lovin' and stir. The kiddies love it warm or cold.

Morning Glory!

- Porridge -

- 1 cup of rolled oats
- 1 cup of milk
- 1 cup water
- Pinch salt
- 1 tablespoon Carob kitchen Syrup
- Yogurt if desired
- Or dried fig cooked in the porridge.

Soak oats in water for a wee while. Bring to the boil with
the milk and a pinch of salt. Stir until of a creamy
consistency. Sit and cool for a couple of minutes, then
drizzle with our liquid gold Carob Kitchen syrup.

