

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:

Carol's Carob Torte

Carol is my Mum, she planted all our carob trees from seed.
This was the first carob powder recipe she wrote.

6 Egg Whites

140 grams Raw, brown castor sugar

170 grams Almond Meal

170 grams Dates chopped

4 Table Spoons of Carob Powder

Whisk egg whites until stiff.

Gradually add sugar until meringue like consistency.

Fold in the almond meal, Carob Kitchen Carob Powder and dates.

Pour into 25cm Flan pan, with removable base.

Bake 35 to 40 minutes in a 180 degree oven, until torte comes away slightly from side of pan.

Hint: Can be made ahead the day before and re-heated before serving.

Serving Suggestions:

Cream, plain or Carob.

Strawberries.

Plain ice-cream.



For more recipes visit www.thecarobkitchen.com.au
