

Carob Fudgies

These squares are delicious frozen, when they become like chewy toffees.



Directions: Mix together in a mixing bowl:

- 1/2 cup honey
- 1/4 cup maple syrup
- 1/2 cup carob powder
- 1/8 tsp salt
- 1/2 cup nut butter (try almond, peanut, cashew or sunflower seed)
- 1/2 cup chopped walnuts (also can try pecans or any nut)
- 1 scant cup ground sunflower seeds
-2 drops mint extract (optional)
-Dried unsweetened coconut (optional)

Press mixture into a 9" X 9" pan. Sprinkle a few chopped nuts on top, or coconut on top for nice appearance (and taste) !

Freeze or refrigerate then cut into squares.

Interesting notes:

Almond butter (almonds) strengthen the nerves and helps overcome stress, depression and fatigue. It lowers cholesterol and is extremely rich in vitamin E, rendering them anticarcinogenic (fights cancer). Almonds are among the richest plant food in calcium and phosphorous. Over all almonds are a superfood.

Walnuts reduce cholesterol levels, balance the nervous system and are high in essential fatty acids(Omega 3), vitamin B6 and zinc.

Sunflower seeds are extremely rich in vitamin E and vitamin B1; are very high in magnesium, iron, calcium and phosphorus and they are anticarcinogenic (fight cancer).

Carob flour is one of the most widely used employed treatments (outside the United States) for gastroenteritis of children still on a milk diet (babies). It's properties are generally antidiarrheic and has the ability to absorb toxins in the digestive system.