

Decadent Carob Delight

Looking for a sweet delight that's healthy, whole and satisfying? This is a great drink when friends come over for an afternoon hangout.

Ingredients

- ⅓-½ cup coconut milk
- 5 small dates
- ½ -1 Tbsp carob powder
- ¼ tsp cinnamon powder
- Pinch salt
- Maple syrup to taste
- Water to desired consistency

Preparation

Place all ingredients in a high speed blender.

Serve at room temperature in a beautiful glass. The eyes are eating too.



Food Wisdom

VP-K+

Carob is often used as a substitute for chocolate when one is trying to avoid a stimulating effect but still wants to enjoy a chocolate like flavor.

Carob is naturally and subtly sweet thus requiring less sugar than chocolate to make it palatable.

Coconut milk is heavy and cooling which makes it very nice for the summer and moderately appropriate for the fall. Dates are deeply nourishing and strengthen the liver.



www.AlexandraEpple.com