

# Carob Candy

## Ingredients

- ½ cup coconut butter
- ½ cup carob powder (\*)
- 2 tbsp. creamy almond or peanut butter (\*\*)
- ¼ cup walnuts or almonds (optional)
- 3-4 tbsp. maple syrup or coconut nectar

## Directions

1. Melt the coconut butter in hot water. You may have to boil it to bring it to temperature.
2. Add the liquefied coconut butter, carob powder, almond or peanut butter, nuts and maple syrup to a bowl and combine well. Make sure you work fast as the mixture will solidify rapidly.
3. Spoon the mixture into silicone candy molds. Silicone cupcake molds or ice cube trays will also work. Alternatively, you can make little ball in your hands.
4. Place the molds or balls on a plate in the freezer and let set for 30-45 minutes or in the fridge for a couple hours.
5. Remove your carob candy from the molds and serve immediately or store in the fridge for later use.

Tip. For a thicker pudding add an additional tablespoon of chia, essentially ¼ cup total. This pudding makes a lovely breakfast or dessert.

\* I find medium roast works best; you can also add ½ tsp. of coffee substitute for more depth of flavor

\*\* Make sure the almond or peanut butter is purely almond or peanut and no other ingredient. Salted butters are acceptable if you don't mind the flavor, but better avoided.