

### Carob Halvah Balls

- 1 ½ cups of ground almonds
  - ½ cup of tahini
  - 3 tablespoons of raw honey
  - 1 teaspoon of real vanilla
  - 1 tablespoon of carob powder
1. In a medium bowl add all ingredients and mix well with a spatula.
  2. Use a tablespoon measure to scoop up mixture and roll into even size balls.
  3. Place in small foil muffin papers and store in the fridge.



*\*Roll in crushed nuts or unsweet shredded coconut for flavour variation and decoration. \*\*You can omit the carob for traditional almond halvah. All versions are tasty and nutritious!*

### Carob - the answer to getting your Chocolate fix when chocolate doesn't agree with you...

February Valentine equals chocolate time! However, as wonderful as chocolate is, it can be a severe irritant for many people with digestive issues. Chocolate contains Theobromine, a substance from the same family as caffeine, this chemical tends to cause digestive upset in people who have caffeine sensitivities, migraine tendencies, digestive issues, adrenal fatigue or IBS. Therefore, Carob is an ideal alternative to chocolate for these people as it tastes a lot like chocolate, but does not produce the unwanted sensitivities or reactions that chocolate can trigger.

Carob is rich in vitamin B1, niacin, vitamin A, vitamin B2, calcium, magnesium, potassium, and the trace minerals iron, manganese, chromium. Carob stabilises blood sugar and has several therapeutic uses. It is commonly used to settle diarrhoea in adults and children. Dissolve 1 tablespoon of natural carob powder in a cup of warm rice milk and sip slowly, this simple remedy also helps with nausea and upset stomach.

All in all, Carob is a great chocolate substitute when you are looking for that 'chocolate fix' without the stimulating side effects; Carob is your go to. And with all its wonderful health benefits - why not give it a try!