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RECIPE: CAROB FUDGE BALLS

INGREDIENTS:

- 1/2 cup nut spread (eg cashew, almond, hazelnut)
- 1/4 cup honey (or xylitol)
- 1/4 cup carob powder
- 1 teas vanilla essence (or peppermint essence)
- 1 cup dessicated or shredded coconut
- Small amount of water or cow/soy/rice milk to bind ingredients

METHOD:

1. Mix all ingredients together
2. Roll into balls
3. Refrigerate