



Have You Heard?

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About Carob Facts And Treats

Carob is one of the sweeter offerings in the world of natural foods. The carob tree, native to the eastern Mediterranean region, bears the flat edible pods used in the manufacture of a variety of carob products.

The pods are pulverized into powder and sold commercially in both a raw and toasted form. Drink mixes, carob chips and syrups also have a carob powder base, but in each of these cases, sugar is added during the manufacturing process.

The purest form of carob is the whole dried carob pod, which looks like a dried vanilla bean. Naturally sweet and chewy in composition, the dried pods are popular as a quick energy snack.

Carob can be used in baked goods as a substitute for chocolate because of its natural sweetness and slightly chocolate-like taste.

I must admit that I do not find the taste of carob comparable to chocolate. Carob is rich in calcium and phosphorous and low in saturated fats. Chocolate, by comparison, is high in saturated fats and is of little value nutritionally.

Many people prefer the taste of carob when it is used with honey. Incidentally, carob powder will get dry and lumpy unless it is stored in a tight container in a cool dry place. Even when it is properly stored, you will have to use a mixer to thoroughly blend liquid and powder to the right consistency.

Try one, or all three of the following recipes which use carob. You will find they are delicious as well as nutritious!

Healthful Fudge (Yield: 2½ pounds)

- 1 cup honey
- 1 cup peanut butter
- 1 cup carob powder
- 1 cup shelled sunflower seed
- ½ cup toasted sesame seed
- ½ cup flaked coconut
- ½ cup chopped walnuts
- ½ cup raisins

In large saucepan heat honey and peanut butter, stirring constantly just till smooth. Remove from heat; stir in carob powder. Mix well. Stir in sunflower seed, sesame seed, coconut, walnuts, and raisins. Press into a buttered 8x8x2-inch pan. Chill, covered, several hours or overnight. Cut into 1-inch squares. Store in refrigerator.

- ### Carob Cake
- 1 cup unbleached or whole wheat flour
 - ½ cup carob powder
 - 1 tablespoon baking powder
 - ½ teaspoon salt
 - 2 eggs, separated
 - 1 cup milk
 - 1 cup honey
 - ¼ cup oil
 - 2 teaspoons vanilla
 - ½ cup chopped walnuts or pecans
- Carob Cream Cheese Frosting*

Preheat oven to 350° F. Generously grease 9-inch square baking dish. Combine flour, carob, baking powder and salt. Beat together egg yolks, milk, honey, oil and vanilla. Add to flour mixture and blend well. Stir in nuts. Beat whites until stiff; fold into batter.

Turn into prepared baking dish and bake 60 minutes or until toothpick comes out clean.

For cupcakes: Divide batter

evenly into 12 muffin cups and bake 20 to 25 minutes at 350° F.

*Carob Cream Cheese Frosting

This makes a thin frosting. The recipe may be successfully doubled.

- 1 3-ounce package cream cheese, softened
- 1 to 2 tablespoons carob powder
- 1½ tablespoons honey or to taste
- 1 teaspoon vanilla
- Cinnamon (optional)

Mix cream cheese with carob, honey and vanilla. Add cinnamon to taste.

Carob Chip Cookies (Makes 3 dozen)

- ½ cup (1 stick butter)
- ¾ cup brown sugar
- 2 eggs, beaten
- 2 teaspoons vanilla
- ¾ cup whole wheat pastry flour
- ¾ cup raw wheat germ
- ¼ cup unbleached flour
- ½ cup powdered milk

2 teaspoons baking powder
½ teaspoon salt
1 6-ounce package carob chips
½ cup chopped nuts

Preheat oven to 375° F. Grease baking sheet. Cream together butter and sugar. Beat in eggs and vanilla. Mix together pastry flour, wheat germ, unbleached flour, milk, baking powder and salt, and add to moist ingredients. Blend in carob chips and nuts.

Drop by teaspoonfuls on baking sheet and bake 8 to 10 minutes, until cookies are light golden.

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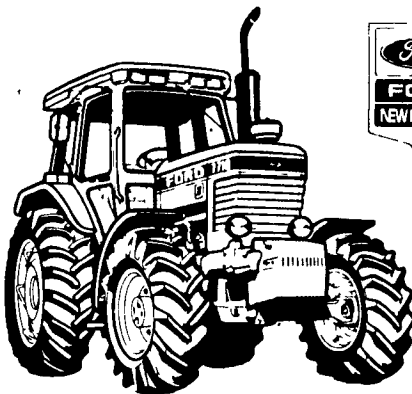
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