

Carob Peanut Clusters

Ingredients:

- 1 c. carob chips (Chatfields, order online, Amazon or Vitacost.com)
- 2 T. water
- 1 c. roasted salted peanuts (Bin #2022, Winco)

Directions

Microwave carob chips and water for 30 seconds. Stir until smooth. Microwave additional 10 seconds. Stir in peanuts and drop by spoonfuls into lined mini muffin cups or onto a parchment lined tray. Work quickly as they begin to harden fast! Place in fridge or freezer to firm up. Enjoy!

What Is Carob? *Healthline.com, draxe.com, amazingdiscoveries.org*

- The carob tree, or *Ceratonia siliqua*, has fruit that looks like a dark brown pea pod, which carries pulp and seeds. The pods are about 1/2 to 1 foot in length and about an inch wide. Once these carob pods are ripe they can be dried and ground into carob powder. Carob powder is used to make food products like carob chips. Carob is a sweet and healthy substitute for chocolate.

Carob vs. Chocolate

- Carob naturally has no caffeine while the cocoa used to make chocolate naturally contains caffeine.
- Carob is higher in beneficial dietary fiber and calcium compared to cocoa.
- Carob does not contain theobromine, which is what makes cocoa and chocolate naturally bitter in flavor. Theobromine causes headaches, central nervous system irritation and depression.

Why Eat Carob?

Adding carob to your diet can provide you with many health benefits. Since carob is naturally high in fiber and has no caffeine, it's ideal for people with high blood pressure. The low sugar and fat content also makes it a great dietary addition or chocolate substitution for people looking to lose weight. The high levels of vitamins, such as vitamins A and B-2, are good for your skin and eye health.