

Rich Carob Sauce

Carob is naturally sweeter than cacao and has a distinctive taste. By balancing flavors carefully, I can achieve a nice chocolatey substitute that satisfies my craving for this worldwide all-time favorite. This sauce can be used over ice cream, drizzled over cheese cake, fresh fruit (dipping strawberries?) other desserts (raw or conventional) and is a nice replacement. And again a nutritional profile with more bang for your buck.

Yields about 2½ cups

BL

Ingredients:

2 cups maple syrup

3 Tablespoons coconut oil melted (see page 78)

1 Tablespoon olive oil

1 teaspoon vanilla extract

¼ cup carob powder

1 teaspoon lecithin

Directions:

Place all ingredients into a high-speed blender and blend until smooth and creamy.

Store Carob Sauce in a glass jar for up to 2 weeks in the refrigerator, or split this recipe among smaller containers and freeze for up to 3 months.