

Recipes



Carob, *Ceratonia siliqua*

Tips

- Substitute carob powder or chips for cocoa powder or chips in a 1:1 ratio.
- Carob powder, chips and syrup are available in the baking section of grocery stores as well as through online shops.
- Carob does not contain caffeine or theobromine found in chocolate and is safe for use in dog treats.

Hazelnut Carob Granola

The easiest Hazelnut Carob Granola! Only 7 simple ingredients and less than 30 mins to make! (V, GF) Perfect on yogurt with jam and maple syrup.

2 cup raw hazelnuts

4 tablespoon carob powder

4 cups rolled oats (certified gluten-free if you're worried about traces of gluten)

½ teaspoon vanilla extract

¼ cup coconut oil, melted

½ teaspoon cinnamon (optional)

¼ cup maple syrup

¼ teaspoon sea salt

Preheat your oven to 170°C (325°F).

Spread the hazelnuts onto a baking sheet and bake in the preheated oven for 10 minutes or until the skins easily come off and the nuts are slightly golden (be sure not to burn them).

Take them out and let them cool down.

While the nuts are roasting, melt the coconut oil over low heat. Add the maple syrup, carob, vanilla extract, cinnamon (if using), and sea salt. Take off heat and stir until there are no lumps.

Into a big bowl add the oats and the carob sauce. Stir with a spoon to evenly cover all the oats.

Spread the carob oats onto a baking sheet lined with baking paper and bake for 20 minutes. Stir once or twice throughout baking.

While that's baking, remove as many skins off of the hazelnuts as you can by rubbing them together on a kitchen towel or a paper towel.

Take the granola out of the oven, roughly chop the hazelnuts and add them to the granola.

Let the granola cool down completely before storing it. Keeps well in a glass jar at room temperature for up to 4 weeks.

Note: If you want the granola to be more clumpy, add an additional 2 tablespoon of both coconut oil and maple syrup and 1 teaspoon carob powder when making the carob sauce.

Vernonika, Thehealthfulideas.com

Hot Carob

1 cup milk
1 tablespoon carob powder
1 tablespoon honey
1 teaspoon vanilla extract

Combine milk and carob powder in a small saucepan over medium heat, whisking to remove any lumps. Stir in honey and vanilla extract. Continue heating to desired temperature.

Melody-Angelica1997
Allrecipes.com

Dog-Friendly Homemade Carob “PupCakes”

3/4 cup all-purpose flour
1 tablespoon honey
3 tablespoon carob Powder DO NOT USE CHOCOLATE as it is TOXIC TO YOUR DOG!
1/2 teaspoon baking soda
pinch salt optional
2 tbsp unsweetened applesauce
1/2 teaspoon pure vanilla extract
1/2 cup water

Preheat oven to 350 degrees and line mini muffin cups with muffin liners.

Combine all ingredients well until you have a smooth batter with no lumps.

Using a small scoop, place about 1/2 tablespoon into each muffin liner. Do not overfill.

Bake for 6-8 minutes or until a toothpick inserted comes out clean.

Allow to cool slightly in the pan until you can handle them, then remove to a rack to cool completely.

Dust with a bit of flour, if desired.

Peel away the paper liner and allow your pet to enjoy!
Makes 24 mini pup cakes.

Projectpaws.org

Chock Full Of Carob Chip Dog Treat Recipe

Makes about 30 cookies

2 cups brown rice flour
1.5 cups oat flour
1 cup carob chips
1 teaspoon cinnamon
1 egg
1 cup water

Preheat your oven to 350F degrees. Line cookie sheets with parchment paper.

Combine all the ingredients in a large mixing bowl. Use a spoon or use your hands to knead the dough to moisten it throughout. Continue until you have a stiff, dry dough.

Roll out dough onto parchment paper or floured countertop. Dough should be ¼ inch thick. Use cookie cutter to cut into desired shapes. Place on lined cookie sheets.

Bake in oven for 20-25 minutes. Place on cooling racks and store in fridge or freezer in air tight containers.

Amy Tokic
Petguide.com

Do you have any recipes featuring carob to share?

Contact educator@herbsociety.org