

CAROB, FRUIT & NUT ENERGY BAR

Chang Ming Health Diet



1

INGREDIENTS

225g Cashew Nuts
265g Chopped Dates
60g Raisins or Sultanas
30g Carob powder
1 tbsp Dried Edible Rose Petals



2

MIX

Whiz the cashews in a food processor, add to the mixing bowl.

Add the carob powder and rose petals to the cashews and mix well.

Whiz the dates and raisins / sultanas in the food processor and then mix with the other ingredients.

If the mixture doesn't bind add 1 - 2 teaspoons of boiling water and blend - take care not to make the mixture too wet.

Press the mixture into a lined loaf tin



3

CHILL

Leave in the fridge for at least 2 hours to set.

Store in the fridge in an air tight container.

