



## **Carob Bark (vegan, grain-free, sugar-free)**

### Ingredients:

- 1 cup coconut oil
- $\frac{3}{4}$  cup carob powder
- 2 teaspoons vanilla extract
- 1 cup of chopped nuts, dried cranberries, raisins, coconut flakes – or any other combination that you might like. There are loads of options! I use freeze-dried blueberries and roasted tigernuts (which are actually a tuber from the sweet potato family and not a nut, despite their name.)

### Directions:

1. Melt coconut oil.
2. Stir in carob powder, vanilla, and additions.
3. Pour onto a baking paper covered cookie sheet.
4. Place in freezer until hardened (about 15 minutes).
5. Break into pieces and serve. (Store any leftovers – if there are any! – in a closed container in the coldest part of the fridge.)