

## Carob Treats

by Kathryn Gutierrez

**1 cup raw almond butter**

**½ to 1 cup carob powder**

**1 cup raw honey**

**1 cup oats**

**½ to 1 cup raisins soaked and chopped**

**½ to 1 cup of your favorite nuts, soaked and chopped**  
**shredded coconut sesame seed or extra carob powder**  
**to garnish**



Thoroughly mix all the ingredients in a bowl, then make balls or patties and roll them in the shredded coconut, sesame seeds or carob powder. Also, omit the honey and try using the mixture to “stuff” half a date.

Complements of Spirit Touch Living Light Center

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