

Homemade Carob "Chocolate" Bars - - by Healing Family Eats

makes 1 bar

basic recipe -

1/4 cup warm (not hot) melted [coconut oil](#)

1 tsp [coconut butter](#)

3 tbsp [carob powder](#)

now choose your flavourings

raspberry + rose

1 tbsp crushed [freeze dried raspberries](#)

1 tsp [rose petals](#)

small pinch fine [himalayan pink](#)

lime and himalayan pink salt

zest of 2 limes

large pinch lightly crushed coarse [himalayan pink salt](#)

orange and lavender

zest of 1 large navel orange

1 tsp [lavender blossoms](#)

large pinch lightly crushed coarse [himalayan pink salt](#)

Lightly grease your [chocolate bar mould](#) with melted coconut oil and place onto a flat baking sheet.

Put the coconut oil into a small bowl, add the coconut butter and stir until melted. Add the carob powder in stages, stirring well to avoid clumping. Next mix in your flavourings.

Pour the mixture into the greased mould. Gently tap the tray on your counter top to get rid of any air pockets and to ensure the mixture fills the entire area. Place the bar into the fridge to harden. Make sure the bar has completely hardened before attempting to remove it from the mould.

