

## AIP Carob "Chocolate" Chips

- by Healing Family Eats  
Makes 3/4 cup

1/2 cup coconut oil  
1 tbsp coconut butter  
6 tbsp carob powder

Put 1/2 inch worth of water into a medium pan and bring up to a gentle simmer.

Put the coconut oil and coconut butter into a heatproof bowl that will sit nicely on top of the pan. When the water is simmering, set the bowl over the top and allow the contents to melt, stirring frequently.

Remove the bowl from the heat, wipe the underside dry and sit it on a cloth, on your counter top.

Add the carob powder 1 tablespoon at a time, mixing well between additions to thoroughly incorporate. Continue until you have added all the carob, and the mixture is smooth.

Lay your chocolate chip molds onto flat trays. Using a syringe, pipette, piping bag or a small spoon, fill the molds to the top. Tap the tray gently on the counter top so that you remove any air bubbles in the carob mix.

Place into the refrigerator for at least an hour until set. Remove the chips and keep in a container in the fridge until needed. You will have extra mixture so keep this to one side and when the first batch has set and been removed, fill the molds once again, melting the mixture in the same way that you did at the start.

Find the original recipe, together with suppliers, here >  
<http://healingfamilyeats.com/aip-carob-chocolate-chips/>

