

Dairy Free Carob Balls

Ingredients:

- 1 C raisins
- 1 C chopped dates
- 1 C chopped brasil nuts
- 2 C rolled oats
- 1 C coconut
- 1 C sesame seeds
- 2 T carob powder
- 1 T vanilla essence
- ½ C apple juice



Method:

Finely chop dates and add to a blender with raisins, blend. Add oats and chopped brazil nuts, blend some more and then add coconut and carob powder. Make sure it is evenly mixed. Pour vanilla essence into apple juice and gradually pour the juice into the mixture as it is blended. Take lumps of the mixture, roll in the sesame seeds and then refrigerate to set.

Food	Flavour	Nature	Affinity	Affects	Uses
Apple	Sweet, Sour	Cool	Spleen; Stomach	Produces body fluids; Reinforces the Spleen	Debility; Indigestion; Loss of appetite
Sesame	Sweet	Neutral	Liver; Kidney; Large Intestine	Nourishes the Liver and Kidneys; Moistens intestinal dryness	Constipation; Dry skin; Grey hair
Oats	neutral	cooling	strengthens spleen	Stops diarrhea, lowers blood pressure, aids spontaneous sweating.	leucorrhoea, hypertension, diarrhea, boils, carbuncles, erysipelas (similar to shingles although this appears on the lower limbs)

Coconuts: Highly nourishing, fattening and strengthening. Though high in saturated fat, coconut is also high in protein, amino-acids, potassium, sodium, magnesium and sulphur. It is said to be effective in the treating of intestinal disorders, dry cough, urinary and skin disorders.

Brasil nuts: Selenium for Africa!

Dates and raisins: keep you regular!