

Carob Syrup



Serves	250 ml
Prep time	10 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Ingredient
Misc	Child Friendly , Pre-preparable

Ingredients

- 1 cup water
- 1/2 cup carob powder (sifted)

Directions

1. In a small saucepan combine the carob powder and 1/4 cup of water to make a smooth paste.
2. Gradually whisk in the remaining water.
3. Bring to the boil and allow to simmer for 2 - 3 minutes.
4. Remove from the heat and allow to cool completely.



5. Store in a sealed container in the fridge. Shake well before using.

Note

Low Chemical / Failsafe