

Chocolate / Carob Yogo



Serves	6
Prep time	6 hours, 20 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Amines Challenge , Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet – Very High Chemical
Meal type	Dessert , Lunch Box , Sweet Things
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold
Website	Best Recipes

Ingredients

- 2 tablespoons raw cocoa powder (or 4 tablespoons raw carob powder)
- 4 teaspoons wheaten cornflour (or tapioca/arrowroot flour)
- 90g white sugar
- 800ml milk or rice milk

Directions

1. Sift together the dry ingredients.
2. Whisk in 300 ml of the milk. Taste and adjust the quantities of sugar/carob/cocoa if necessary.
3. Heat the remaining milk in a medium saucepan until it is hot.
4. Slowly pour in the chocolate/carob milk and whisk over medium heat until it thickens.
5. Remove from the heat and pour into a large bowl or 6 small cups. Cover the bowl or cups with plastic wrap or lid, with the wrap/lid touching the surface of the custard. The plastic wrap prevents air from forming a skin over the surface.
6. Place the bowl/cups in the fridge for about 6 hours (less for the smaller cups) to set.
7. These can also be frozen, which make them great for lunch boxes. Pour into reusable pouches, or another freezer suitable container. Let the yogo cool down slightly before placing in the freezer.



Note

Low Chemical / FAILSAFE, very high amines, dairy free, egg free, gluten free

Use carob for a low chemical version, or cocoa if amines are tolerated.

Use tapioca or arrowroot instead of the cornflour for a gluten free version.

These last very well in lunch boxes with an ice block to keep them cool.

Individual yogos go well in lunch boxes, with an ice block to keep them cool.