



# CAROB ENERGY BALLS

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Presentation by Yanica Ann Zammit

# Carob Facts + Benefits

1,000-year-old carob tree in Xemxija, Malta



<https://dinlarthelwa.org/news/maltas-heritage-trees-amazing-plant-monuments/>



<https://gardenerd.com/blog/making-carob-powder/>

Carob is:

- Rich in antioxidants...protect our cells
- High in fibre... for digestive health
- A source of calcium + iron
- Anti-inflammatory

# Carob Energy Balls

## Ingredients:

- 1 cup rolled oats gluten free
- 1 cup raw almonds
- 1 cups dates and 1 cup figs soaked and pitted
- 2 tablespoons raw carob powder
- 2 tablespoons coconut oil melted
- 1 teaspoon vanilla
- ½ teaspoon cinnamon
- 3 tablespoons coconut
- ½ teaspoon Himalayan salt



## Dry Ingredients



1 cup rolled oats gluten free



3 tablespoons coconut



1 cup raw almonds



$\frac{1}{2}$  teaspoon Himalayan salt,  
1 teaspoon vanilla,  
 $\frac{1}{2}$  teaspoon cinnamon



2 tablespoons raw carob powder

## Wet Ingredients



1 cups dates and 1 cup figs soaked and pitted

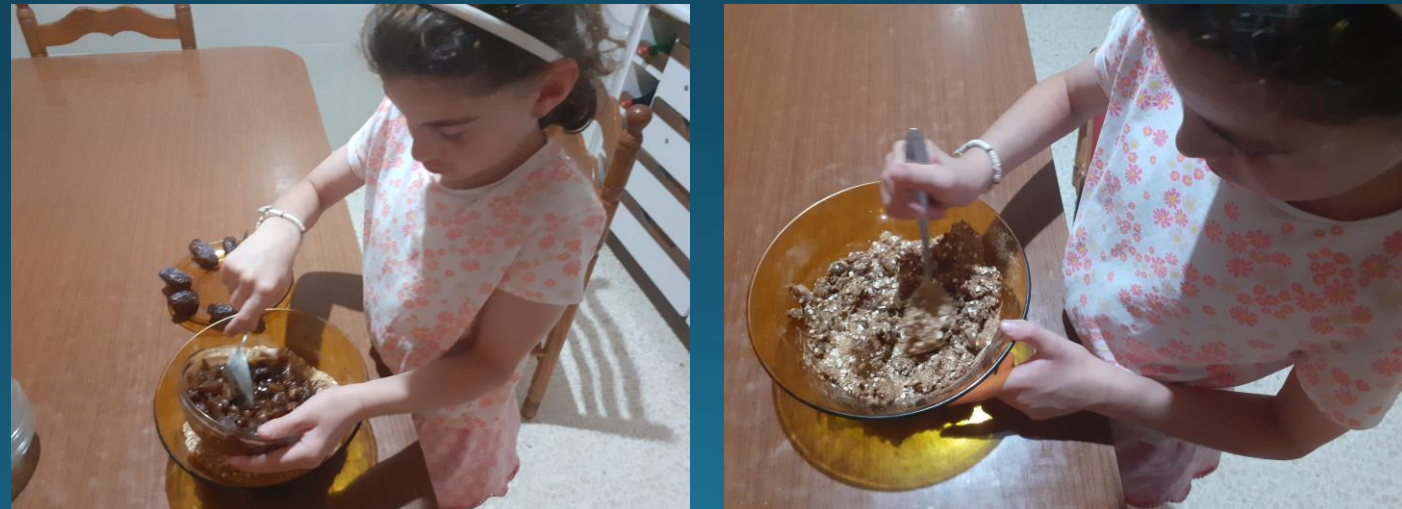


2 tablespoons coconut oil melted

Process:



1. Mix all dry ingredients in a large bowl



2. Add all wet ingredients and mix



3. Prepare parchment paper on a tray and some carob flour on a plate



4. Roll chunks of the mixture to form balls



5. Roll each ball into carob flour and place on the tray

6. Enjoy one carob energy ball. Put the tray in the fridge to share at breakfast!

