

Carob Peanut Butter Cups

Preparation:

* 1               16 oz Bag of Carob
* 20            Baking Cups, 2.5 inch each
* 6 - 8 oz   Naturally Creamy Peanut Butter

Directions:

1. Heat up a skillet of boiling water, being careful so as not to cause the skillet to overflow when addding the pirex bowl.

2. Add carob chips to the pirex bowl, and stirring until the carob is completely melted.

3. Once the carob is melted, remove from heat. Be sure to turn off the heat. Add 6 to 8 ounces of naturally creamy peanut butter (check the label for Canola oil or other additives).

4. Pour carob peanut mixture into baking cups (about 1/4 inch thick) and place in freezer.

Create your favorite "sweet" indulgence.  Add coconut and almonds, add diced or whole pecans, add peanuts, brazil nuts or what fancies your palate.  After mixing all ingredients place in freezer for approximately two hours.

Did you know? Carob is a nut, so it is actually good for you - as opposed to chocolate which has caffeine.