

## Carob & Seed Smoothie



Carob comes from the pods of the tropical carob tree. The pulp and seeds of the pods are dried, roasted and powdered to give foods and drinks the flavor of chocolate. The pods can also be turned into a syrup, and the seeds into a gum (called tragacanth) that is used to thicken baked goods.

In terms of nutrition, carob supports digestive health and is high in anti-oxidants. It is also a natural antiseptic, anti-bacterial and anti-fungal, helps regulate blood sugar levels, and support heart health by lowering cholesterol.

But, wait, there's more! It is also believed to help prevent certain forms of cancer and can be used to treat diarrhea and help prevent osteoporosis.

That's a long list of health benefits.

This frothy smoothie gives you a nice protein and potassium boost that's a great way for you (or your kids) to start the day.

### Carob & Seed Shake (serves 2)

#### Ingredients:

¼ cup sunflower seeds

2 tbsp HCW Linseeds / Flaxseed Powder

2 cups water

2 bananas, peeled and chopped

2 tbsp carob powder

4-6 pitted dates (optional)

Handful ice cubes

**Method:**

1. Grind the seeds using a pestle and mortar or a coffee grinder.
2. Place in a blender, add the rest of the ingredients and blend until smooth.

Variation: Substitute the carob powder with 2 fresh or 6 sun-dried apricots.