



# **Carob Cookbook: For Those Who Love Chocolate, But Can't Eat It**

*Tricia Hamilton*

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# Carob Cookbook: For Those Who Love Chocolate, But Can't Eat It

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## **Carob Cookbook: For Those Who Love Chocolate, But Can't Eat It** Tricia Hamilton

Here's a cookbook for anyone who loves the taste of chocolate but doesn't want the caffeine, fat or the fear of allergic reaction to chocolate. Enjoy over 90 recipes that use carob instead of chocolate and get a flavor that mimics it almost exactly with the added benefits of fiber, Vitamin B complex, 15 minerals including calcium, and less calories. Whether you want to cut down on chocolate, eliminate it from your diet entirely, or just add carob for its healthy benefits, you can still enjoy special treats with that rich chocolaty flavor.

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