

Carob Shake

written by admin | January 24, 2011

My love for (or should I say 'my addiction to') chocolate began in the womb! Mom was beyond nauseous during her entire pregnancy with me. Dairy Queen chocolate milkshakes brought her great relief. So.... she (or should I say 'we') consumed one daily! Oh, what creamy comfort! When I made the decision to cut out dairy and refined sugar and chocolate, I resigned myself to the fact that those yummy milkshakes were a thing of the past. ☐ That is... until I found this little gem in "The American Vegetarian Cookbook" by Marilyn Diamond. Thank you Marilyn!!!



Equipment :

blender

Ingredients :

1 cup almond, soy, or rice milk
2 tsp carob (I usually use raw carob, it has a milder flavor but Chatfield's brand is also delicious)
1 1/2 to 2 frozen bananas (depending on the thickness you desire)
sweetener to taste (see note)

Directions:

1. Blend all the ingredients in a blender until smooth and creamy.

This recipe might serve 2, but I can drink the whole batch down in one setting!

Note: I've found additional sweetener unnecessary if the bananas are nice and ripe before freezing.

If you like, use a tsp or 2 of honey or maple syrup. You can also use a few dates soaked in water until softened (20 minutes or so).

One more tip: break or cut the bananas into 1" to 2" pieces before freezing them. Makes for a quicker, thicker shake!

