

Almond Butter Bars

(Adapted from Rodale' Basic Natural Foods Cookbook)

First make Basic Carob Syrup

1 cup powdered carob (sifted if possible)

1 cup water

Mix in a small saucepan over very low heat and bring to a boil. Stir constantly and cook for 5 to 8 minutes or until syrup is completely smooth. Cool. (Store in covered jar in refrigerator. Will last for several weeks.)

Meanwhile preheat oven 350 degrees

Oil a baking sheet or 11x 14 inch baking pan

Then in a large bowl mix

1/ 2 banana

1/ 4 cup safflower oil

1/ 2 cup honey

1/ 2 cup Almond Butter (recipe below)

1/ 2 teaspoon baking soda

1/ 2 teaspoon vanilla extract

1 cup whole wheat pastry flour

1 cup oatmeal

Mix all ingredients and then spread batter onto baking prepared pan.

Bake 20 to 25 minutes until lightly brown.

Meanwhile in a small bowl mix

1/ 2 cup almond butter

3 tablespoons of honey

1/ 4 cup plus 2 tablespoons of Basic carob syrup

Beat or stir until smooth.

When batter is finished cooking, remove from oven and spread immediately with carob mixture.

Cool and cut into Bars. Enjoy

Roasted Almond.

2 cups Almonds rinsed and drained

Place on cook sheet (oil not necessary)

Bake at 350 degrees checking and flipping every 5 minutes until desired roasted. Careful not to burn. I taste often and when the oven is preheated it takes me about 15 minutes.

Almond Butter

Place roasted almonds in food processor with blade and turn on high until smooth. (Can use the blender, but be careful not to burn up motor.) Store covered in the refrigerator.