

Hot Carob Drink

Serves 4

Preparation Time: 10 minutes

Complexity: Easy

Ingredients

4 cups soy milk, vanilla flavored

2½ carob powder

3tbsp maple syrup

1. Place all ingredients into a pot on the stove.
Whisk to dissolve.
2. Bring to a boil
3. Serve hot.

Nutritional Information per 8 ounce mug:

140 Calories, 7g Protein (18%), 22g Carb (58%), 4g Fat (24%), 13g Sugar, 3g Fiber,
123mg Sodium, 0mg Chol, 97mg Calcium

