

# Recipe of the Week

## Carob Truffles

**fresh earth**  
FOOD STORE

### Ingredients

250g raisins  
300g cashew nuts  
150g dates  
250g carob pieces

### Method

- Place all ingredients into the TM bowl, except the carob and chop 50 secs / speed 5. The ingredients must be finely chopped and sticking together
- Remove from the TM and set to one side
- Cut the carob into 2cm cubes, place them into the TM bowl and then grind 30 secs / speed 7. The carob must be finely ground
- Melt the carob for 1 min / speed 3 / 50 °C
- While the carob is melting, form the fruit mix into bite size balls
- Once the carob is melted, using a tablespoon dip each ball individually into the carob
- Wrap a tray in cling film and place each ball onto the cling form
- Put the tray into the fridge for ten minutes

*By Matthew from Fresh Earth food store*



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