

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## **Andrayas Candy**



1/2 cup carob powder

1/2 cup coconut oil

1/2 cup agave

1 cup of your favorite nut; chopped

In a medium bowl, combine carob powder, coconut oil, and agave. Fold in chopped nuts and spread into a parchment lined, 8x8 glass dish and place in the freezer. When the candy is firm and set, it can be cut and enjoyed. Store any leftovers in the freezer.