

Carob Malt



1 c. almond milk, soy, or rice milk
(I prefer organic soy milk for this recipe, it makes it creamier.)
2 frozen bananas
2 t. carob powder
1T. honey

Blend all ingredients and enjoy. This is one of my kid's favorite after school treats or to cool off on a warm day. Carob is a great bowel regulator loosening stools if constipated or impeding diarrhea.