

Carob for life

Carob trees help you with many health benefits. The Carob has a lot of fibre. It is also very good for people with high pressure.

It is ideal for people trying to lose weight because it is low in sugar. It can be eaten by humans and even animals. The seeds are used because it contains a type of gum. It is used as a natural additive with many food products, amongst the most important being ice-cream, baby foods and pet foods.

In ice-cream it slows down the rate of melting and improves its storage properties. Other food that use Carob are soft-cheeses, sausage products such as salami, pie fillings, powdered desserts, sauces, salad creams and dairy products.

The Carob is healthy and could be an alternative to chocolate because it is free from caffeine which is found in chocolate. In Malta, we also make carob syrup which is good for coughs and to make 'Karamelli' which is a typical sweet found during lent.

Eating Carob can be beneficial for our health. In my opinion Carob should be promoted further !



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