



aarasa

THE AARASA KITCHEN

# 7 Ways to Savor Carob

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Delicious, High-Fiber, & Caffeine-Free  
Recipes for the Indian Home.





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## Welcome to the world of Aarasa Carob

Unlike cocoa, our premium high-roasted carob powder is naturally sweet, caffeine-free, and packed with fiber. Because it is roasted to perfection, a little goes a long way! Use these simple recipes to introduce this ancient superfood to your family's daily diet.

**Tip: Aarasa Carob is high-roasted and potent.  
Start with 1 tbsp and adjust to taste!**

## Chef's Note: Respect the Roast

Aarasa Carob is highly roasted for a deep, intense profile. It is much stronger than standard cocoa or light carob.

The Golden Ratio: Use strictly 7g to 10g (approx. 1 tbsp) for 200ml of milk. Overusing will result in an overpowering flavor. Start with less; you can always add more!

## 1. The Aarasa Classic Shake

Category: Milkshake | Prep time: 5 mins | Serves: 1

### Ingredients:

- 200ml Chilled Milk (Dairy or Plant-based)
- 1 tbsp (7g) Aarasa Carob Powder
- 1 tsp Jaggery Powder or Honey (Optional)
- 2-3 Ice cubes

### Instructions:

1. Blend milk and Aarasa Carob Powder.
2. Add sweetener if desired.
3. Blend on high for 30 seconds until frothy.
4. Serve immediately over ice.

### Approx. Nutrition (Per Glass):

- Calories: 156 kcal
- Protein: 8g
- Fiber: 2.6g
- Sugar: 14g (Natural + Added)



**Did you know?** Aarasa Carob Powder contains 37.9g of dietary fiber per 100g!

## 2. Carob & Date Laddoos

Category: Indian Sweet | Prep time: 15 mins |

Makes: 12 Laddoos

### Ingredients:

- 1 cup Soft Dates (Deseeded)
- 1/2 cup Mixed Nuts (Almonds, Cashews)
- 2 tbsp Aarasa Carob Powder
- 1 tsp Ghee
- 1 pinch Cardamom Powder

### Instructions:

- Roast nuts for 3 mins, cool, then pulse to coarse powder.
- Blend dates and Carob Powder with nuts until dough-like.
- Grease palms with ghee.
- Roll mixture into round laddoos.

### Approx. Nutrition (Per Laddoo):

- Calories: 85 kcal
- Protein: 2g
- Fiber: 1.5g
- Sugar: 9g (Natural from dates)



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## 3. Whole Wheat Carob Cookies

Category: Cookies | Prep: 10 mins |  
Bake: 15 mins | Makes: 12 Cookies

### Ingredients:

- 1 cup Whole Wheat Flour (Atta)
- 2 tbsp Aarasa Carob Powder
- 1/2 cup Jaggery Powder
- 1/2 cup Soft Butter or Ghee
- 1/2 tsp Baking Powder
- 2 tbsp Milk

### Instructions:

1. Cream butter and jaggery.
2. Sift in flour, Carob Powder, and baking powder.
3. Mix to form dough (add milk if dry).
4. Shape into flat discs.
5. Bake at 180°C for 12–15 mins. Cool completely.

### Approx. Nutrition (Per Cookie):

- Calories: 130 kcal
- Protein: 1.5g
- Fiber: 1.5g
- Sugar: 6g



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## 4. Eggless Carob Muffins

Category: Baking | Prep: 10 mins |  
Bake: 20 mins | Makes: 6 Large Muffins

### Ingredients:

- 1.5 cups Wheat Flour
- 3 tbsp Aarasa Carob Powder
- 1 tsp Baking Powder
- 1/2 tsp Baking Soda
- 1/2 cup Oil or Melted Butter
- 3/4 cup Jaggery Syrup
- 1 cup Milk/Curd
- 1 tsp Vanilla

### Instructions:

1. Whisk oil, jaggery, and milk.
2. Sift in flour, Carob Powder, and baking agents.
3. Fold gently (do not overmix).
4. Pour into greased muffin moulds.
5. Bake at 180°C for 20-25 mins.

### Approx. Nutrition (Per Muffin):

- Calories: 370 kcal
- Protein: 5g
- Fiber: 3.5g
- Sugar: 22g



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## 5. Warm Spiced Carob Milk

Category: Hot Drink | Prep: 5 mins | Serves: 1

### Ingredients:

- 200ml Milk
- 1 tbsp Aarasa Carob Powder
- 1 pinch Cinnamon
- 1 tsp Honey

### Instructions:

1. Heat milk until steaming.
2. Whisk in Carob Powder and cinnamon (remove lumps).
3. Simmer for 1 minute.
4. Remove from heat, stir in honey, and serve warm.

### Approx. Nutrition (Per Cup):

- Calories: 157 kcal
- Protein: 8g
- Fiber: 2.6g
- Sugar: 15g



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## 6. Carob Banana Smoothie

Category: Smoothie | Prep: 5 mins | Serves: 1

### Ingredients:

- 1 Ripe Banana
- 200ml Yogurt or Milk
- 1 tbsp Aarasa Carob Powder
- 1 tbsp Oats

### Instructions:

1. Slice banana.
2. Blend all ingredients until creamy.
3. Pour into a tall glass.

### Approx. Nutrition (Per Glass):

- Calories: 260 kcal
- Protein: 9g
- Fiber: 6g
- Sugar: 18g (Natural from fruit/milk)



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## 7. No-Bake Carob Energy Bars

Category: Snack | Prep: 10 mins |  
Set: 30 mins | Makes: 10 Bars

### Ingredients:

- 1 cup Rolled Oats
- 1/2 cup Peanut Butter
- 1/3 cup Honey
- 2 tbsp Aarasa Carob Powder
- 1 tbsp Chia Seeds

### Instructions:

1. Warm peanut butter and honey.
2. Stir in Carob Powder.
3. Mix in oats and chia seeds.
4. Press firmly into a lined dish.
5. Refrigerate 30 mins, then slice.

### Approx. Nutrition (Per Bar):

- Calories: 150 kcal
- Protein: 5g
- Fiber: 2.5g
- Sugar: 10g



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