

# Warrior I | A very brave carob treat

Play Time Yoga at [playtimeyoga.com](http://playtimeyoga.com)

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In a small to medium bowl mix 1 cup of unsweetened **Carob chips** with **1/3 cup of vanilla mylk** (Hemp, Soy, Almond) and a **tablespoon of Coconut oil**.

[Cookie Cutter](#) \* – preferably Yoga-shaped cookie cutter for a yoga playtime.

Place this bowl in a cooking pot with a bit of water in it. Make sure the water is below the edge of the bowl so the water doesn't get to the carob mixture. You may want to place the bowl in an empty pot first and then slowly pour the water into the pot (not into the bowl).

Bring the water to boil, gradually stirring the milk and the carob chips and let them soften until the mixture reaches the consistency of a creamy chocolate chips pudding.

Turn off the heat. Carefully take the bowl out of the pot and set a site; meantime place a cookie cutter on a plate or a baking tray, you can line up a piece of parchment paper on a plate/tray for easier separation of the carob treat off the plate/tray (opt.).

Now the cookie cutter is ready. Fill the cutter with the creamy mixture. Smooth the surface with the butter knife.

Optionally you may decorate it and sprinkle the carob cream with shredded coconut, dragees, or other cupcake decorating sugary beads. Make sure they are organic and non-GMO.

Transfer the plate/tray with a cookie cutter filled with the carob cream to the refrigerator.

After about half an hour you may want to check if the cream hardened. And when it is hard as a bar of chocolate, then careful, with a help of a butter knife or a spoon remove the filling out of the cutter.

Engage your children or students in the preparation process, such as measuring and adding the ingredients, filling the cutter with the cream, smoothing the surface of the cream in the cutter and of course decorating the treat! Each child may have a different shape of a yoga cookie cutter. Encourage children to practice the asanas every day. Namasté

\*To Buy Yoga-shaped Cookie Cutters go to <http://www.playtimeyoga.com/kitchenyogi.html>