



OJAS-INCREASING ENERGY BALLS

DOSHIC EFFECT: [Vata](#) ↓*, [Pitta](#) ↓, [Kapha](#) ↑ **Kapha types can enjoy in moderation

YIELD: 18 medium size balls

INGREDIENTS:

- 3/4 c almonds
- 1/4 c pumpkin seeds
- 1/4 c sunflower seeds
- 1/4 c Honey
- 2 Tbsp almond butter or tahini
- 2 Tbsp Rasayana Ghrita or plain ghee (substitute with coconut oil)
- 2 Tbsp shredded coconut, plus 1/2 cup extra for covering
- 2-3 Tbsp cacao powder (not recommended for Vata imbalances)
- 1 tsp cinnamon powder
- 1/2 tsp cardamom powder
- 1/2 tsp ginger powder
- 1/2 tsp turmeric powder
- 2 Tbsp Ashwagandha powder
- Pinch of salt (sea salt or pink himalayan)

DIRECTIONS:

1. Grind up the almonds, pumpkin seeds and sunflower seeds in the blender or food processor until they become a fine powder. Then add them to the mixing bowl.
2. Add in the cacao powder, coconut, cinnamon, turmeric, ginger, cardamom, Ashwagandha and salt. Stir until all of the ingredients are evenly mixed.
3. Add in the honey and Rasayana Ghrita or plain ghee. Mix everything together using clean hands. I highly suggest to get them wet first to avoid the mixture sticking to your hands.
4. Once everything is evenly mixed, rinse your hands.
5. Place the remaining coconut into a small bowl to get ready for dipping the balls in after they are created.
6. Wet your hands to get them ready for rolling up the balls. Do not dry them, as the water helps to avoid everything sticking to you. In fact, I suggest to have a small bowl of water nearby to dip your hands in between balls.

7. Take a small amount of the batter and begin to roll it in the palms of your hands. If you are experiencing a lot of stickiness, you probably need to wet your hands more.
8. Once you have a smooth little ball, place it in the bowl of coconut and roll it around until it is fully coated. Then place it on a plate or in a container that is large enough for about 18 balls.
9. Repeat numbers 7 and 8 until all of the batter is used up.
10. Once you are done, place the balls in the freezer for 1-2 hours to get them nice and solid before serving.
11. For storage you can keep them in the freezer or refrigerator, depending on the consistency you prefer. If you keep them in the freezer however, make sure to take the balls out at least 30 minutes before serving to thaw a bit.
12. Enjoy for a pick-me-up snack or for a healthy dessert. Although these treats are made with healthy ingredients, they should still be eaten in moderation (1-2 balls at a time).