



OJAS-INCREASING ENERGY BALLS

Vata ↓, Pitta ↓, Kapha ↑↓*

Makes: 18 balls

Prep time: 20 to 25 minutes

*Will increase Kapha in excess.

INGREDIENTS

- 3/4 cup almonds
- 1/4 cup pumpkin seeds
- 1/4 cup sunflower seeds
- 2 tablespoons cacao powder (omit for Vata)
- 2 tablespoons shredded coconut
- 1 teaspoon cinnamon powder
- 1/4 teaspoon cardamom powder
- 1/2 teaspoon turmeric powder
- 1 teaspoon ginger powder
- 2 tablespoons ashwagandha root powder (optional but recommended)
- 1/8 teaspoon salt
- 1/4 cup honey (use maple syrup for Pitta)
- 2 tablespoons almond butter
- 2 tablespoons ghee (use 1 tablespoon for Kapha)
- 1/3 cup coconut, for coating

DIRECTIONS

1. Grind up the almonds, pumpkin seeds, and sunflower seeds in a blender or food processor until they become a fine powder. Add them to a large mixing bowl.
2. Add in the cacao powder, coconut, cinnamon, cardamom, turmeric, ginger, ashwagandha (if used), and salt. Stir well until all of the ingredients are evenly blended.
3. Add in the honey, almond butter, and ghee. Use your clean hands to mix everything together. Wet the hands slightly to avoid the mixture from sticking as you blend.
4. Place 1/4 to 1/2 cup of shredded coconut in a small bowl to prepare for dipping the energy balls after they are made.
5. Wet your hands to prevent sticking as you roll up the balls. Keep a small bowl of water nearby to dip your hands in between rolls.

6. Take a small amount of the batter and begin to roll it in the palms of your hands.
7. Place the rolled energy balls onto a plate.
8. Once the batter has been used up, roll each ball in the bowl of coconut until it is fully coated. Then place the finished ball in a container that is large enough for about 18 to 20 balls.
9. Once you are done, place the balls in the freezer for 1 to 2 hours to get them nice and solid before serving.
10. Store them in an airtight container in the freezer for up to 3 months.
11. Enjoy these energizing treats as a pick-me-up snack or as a healthy dessert. They are balancing for all body types during the warmer seasons and can be enjoyed regularly in moderation.

Ingredient tip: Feel free to play around with the ingredients a bit! The almonds and seeds can be replaced with macadamia nuts, cashews, walnuts, hemp seeds, or flax seeds. The almond butter can be replaced with any nut butter or seed butter you fancy, and extra ingredients such as raisins, dates, cacao nibs, or goji berries can be added.