



BADAM PAK (SWEET ALMOND BARS)

Vata↓, Pitta↑, Kapha↓ (Pitta can enjoy in moderation)

Makes: 16 bars

Prep Time: 20 minutes

Cook Time: 10 minutes

Refrigeration Time: 30 minutes to 2 hours

INGREDIENTS

- 1½ cups almonds, coarsely ground
- ¾ cup ghee (use ½ for Kapha)
- 1 teaspoon vanilla extract
- 1 cup chickpea flour (sometimes called besan or gram flour)
- ¼ cup shredded coconut (reduce or omit for Kapha)—I prefer to “grind” the coconut into a paste using my electric spice grinder, but this is optional
- ¼ to ½ cup honey
- ½ teaspoon cinnamon
- ¾ teaspoon Ayurvedic Breakfast Spices*
- ½ teaspoon saffron, freshly ground
- Shredded coconut, for topping (omit for Kapha)
- Cinnamon, for topping

*Replace Ayurvedic Breakfast Spices with ½ teaspoon ginger, ⅛ teaspoon cardamom, ⅛ teaspoon turmeric, and an additional ½ teaspoon cinnamon.

DIRECTIONS

1. Place the almonds in a blender and blend on high for 1 to 2 minutes or until a coarse powder is formed. I prefer to leave some small chunks, as this adds a pleasant crunchiness to the bars.
2. In a large, deep skillet or sauté pan, melt ghee over medium heat.
3. Once the ghee has melted completely, reduce the heat to a low-medium and stir in vanilla extract.
4. Add in the ground almonds and chickpea flour and blend with the ghee until a moist batter has formed.
5. Stirring almost continuously, cook here for 7 to 10 minutes, or until the batter is golden brown and smells richly of freshly baked cookies.
6. Add in the coconut. Stir everything together until evenly blended. Continue to cook here for 1 to 2 minutes, stirring constantly.

7. Pour the batter into a large mixing bowl. Let it cool in the refrigerator for 10 to 20 minutes or until the batter reaches a warm, but touchable temperature. Avoid over-cooling!
8. Add in the honey, cinnamon, Ayurvedic Breakfast Spices, and ground saffron. Stir well and blend evenly.
9. Place a piece of parchment paper in an 8-by-8 inch baking dish. If this size dish is unavailable, use one of a similar size. If parchment paper is unavailable, grease the pan with coconut oil.
10. Pour in the batter and flatten it out evenly.
11. Sprinkle shredded coconut over the top and lightly dust it with cinnamon powder.
12. Cover the baking dish and place it into the refrigerator for 1 to 2 hours or the freezer for 30 minutes. The finished bars should not be sticky, gooey, or fall apart, but firm and solid, with a slight softness.
13. Cut the bars into squares and place them into an airtight container. Store in the refrigerator for up to 3 weeks (although I doubt they will last this long!).
14. Enjoy this sweet bar as an energizing snack, a mid-day pick-me-up, or a delightful dessert. These treats are best for Vata and Kapha types, but suitable for healthy Pittas in moderation. Badam Pak is especially healing in the fall and winter seasons but can be savored all year round.