↠ *Ashwagandha Power Balls* ↞

Power balls are a great way to take your medicine, whether you are tired of swallowing capsules, would rather eat your herbs, or need a way to get your children to take some of the bitter herbs that are so medicinal.

Power balls make healthy treats, and you will feel virtuous getting your energizing herbs as a dessert or a snack. You can freeze them in small bags and just grab 1 to 2 a day as needed. The ingredients you can use in these balls are versatile, so feel free to experiment. In this recipe for 8 balls, 1 heaping teaspoon of ashwagandha powder is an appropriate dose for 4 days, if you eat 2 balls a day.

MAKES 8 BALLS

½ cup ground fresh coconut (Note: do not use presweetened coconut)
3 teaspoons almond butter
3 teaspoons raw local honey
3 teaspoons cocoa powder
1 teaspoon bee pollen
3 teaspoons chia seed
⅓ cup of raw sunflower seeds
1 heaping teaspoon ashwagandha powder

Begin by toasting the coconut over low heat in a cast-iron skillet until lightly browned, stirring to avoid burning. Set aside to cool. Add the almond butter to a large mixing bowl along with all the other ingredients one by one, stirring and mixing. As you add ingredients the mixture will become thicker, and you will have to knead it to blend the ingredients. Drop the dough onto a sheet of wax paper and knead it like bread dough for about 5 minutes. Roll the dough into a log about ¾ of an inch thick and, beginning at one end of the wax paper, roll the log several times, wrapping it in the wax paper as you go. Then roll the log back again, peeling off the wax paper. Cut the log into 8 equal pieces and roll each piece into a firm ball. Then press and roll each ball in the toasted coconut. Set aside in a dish in the fridge and enjoy 1 to 2 balls a day. They will be edible for months but you will gobble them up before a month goes by!

ASTRAGALUS (*Astragalus*; *Astragalus membranaceus*)

Astragalus is the largest genus of flowering plants. The roots of *Astragalus membranaceus* are rich in saponins, flavonoids, and polysaccharides, which give the herb its antioxidative, anti-inflammatory, and immune-boosting qualities. The dried root of the astragalus plant is referred to as *huang qi* in Chinese medicine and is used to increase vitality and, when combined with ginseng, to reduce fatigue. It is also adaptogenic and helps to prevent colds and upper respiratory illnesses.