

ZOOM BALLS



INGREDIENTS

- 8 ounces of almond or other nut butter
- 1/2 cup honey (or less to taste)
- 1 tablespoon vanilla extract
- 1/4 cup cocoa powder
- 1/2 cup hemp seeds, or ground flax seeds
- 1 teaspoon cinnamon
- 1 teaspoon turmeric (optional)
- 1/2 teaspoon ginger powder
- 1 pinch of ground black pepper
- 1 to 2 ounces of finely powdered adaptogenic (or other) herbs*

HOW TO MAKE:

- Mix nut butter, and honey, together in a big bowl.
- In a separate bowl, mix together all dry ingredients.
- Add dry ingredients to the wet and mix well. Refrigerate for 30 minutes or more.
- Roll into small balls (big gumball size)
- Dust with unsweetened cacao powder, coconut, or finely ground nuts.
- Store in a closed container in the refrigerator for up to two weeks

**Possible herbs to consider include Rhodiola, cordyceps, reishi, turkey tail, ashwagandha, Schisandra, Shatavari, eleuthero, or goji berries.*