

Women of Power Balls – Herbal Health Treats

Power balls, or Zoom balls as herbalist Rosemary Gladstar calls them, are a delightful way to treat your mind and body with medicinal herbs. They are a combination of nut butter, natural sweetener, and powdered herbs.

You can vary the recipe depending on what type of nut butter you want to use, the herbal benefits you are looking for, and you can dress them up with chocolate, chopped nuts, shredded coconut, and spices like cinnamon, nutmeg, and cardamom.

Nut butters you can use include:

- Almond butter
- Peanut butter
- Cashew butter
- Sunflower seed butter

Sweeteners can be:

- Raw honey
- Real maple syrup



The best herbs for these power balls are the adaptogen herbs – these herbs are deeply nourishing to the body, help us cope with stress, and are safe to take over long periods of time.

Adaptogen herbs are perfect for helping us ignite our inner woman of power and offer the following benefits:

- Increase our energy
- Build our resistance to stress
- Support the heart
- Increase endurance and stamina
- Improve memory
- Stimulate the immune system

Recommended Powdered Adaptogen Herbs:

- Ashwagandha (*Withania somnifera*)
- Astragalus (*Astragalus membranaceus*)
- Shatavari (*Asparagus racemosus*)
- Eluethero/Siberian Ginseng (*Eleutherococcus senticosus*)
- Reishi (*Ganoderma lucidum*)

For these Power Balls, we will use:

- ¼ cup astragalus powder
- ¼ cup eleuthero powder
- ¼ cup ashwagandha powder
- 1 tablespoon ginger powder
- 1 tablespoon ground cardamom
- 1 tablespoon cinnamon
- ½ teaspoon sea salt
- ½ cup cocoa nibs (or organic chocolate chips)
- ¾ cup almond butter
- ½ cup raw honey or pure maple syrup

Directions:

1. Over low heat, gently warm the nut butter and honey mixture. Just warm enough to make them soft and easier to mix. Once combined, remove from heat.
2. In a second bowl, stir together the powdered herbs and spices.
3. Slowly add the powdered ingredients into the nut butter/honey mixture until a thick paste forms.
4. Once the mixture has cooled, add the cocoa nibs (adding too soon will make a gooey mess).
5. Form the paste into 1-inch balls. If you like, you can roll these in cocoa or shredded coconut.
6. Store the balls in an airtight container and enjoy 2-3 daily.

Let me know if you have any questions!

~ Michelle
seekingjoyfulsimplicity