



## Herbal Energy Balls

This treat has eleuthero or Siberian Ginseng, a popular in Traditional Chinese Medicine (TCM). This herb strengthens and nourishes the spleen and kidneys and balances the body's energy. Eleuthero is also great for taking (usually as a tincture or tea) before bed when you have too many crazy dreams.


In this recipe, the purpose of this herb is to increase your stamina and endurance and retire vitality deep within your core.

1 cup shredded unsweetened coconut  
1 cup almond butter (or sesame tahini)  
3/4 cup dried cranberries, sweetened or unsweetened  
1/2 cup raw honey  
2 tablespoons eleuthero root powder root pow

Set aside 1/2 cup of coconut in the shower bowl for coding. Combine the remaining 1/2 cup coconut with the almond butter, cranberries, honey, eleuthero, cinnamon, and salt in a medium bowl and stir well. Mix well with a spoon, or use your hands to get the ingredients into a cohesive ball.

Pinch the pieces of the dough and form into balls about one and a quarter inches in diameter. Rinse and dry your hands periodically if they get too sticky. Roll each ball in the reserved coconut to coat and set aside on wax paper.

For the best flavor and more consistency for 24 hours before eating. Store treats in a sealed container in the refrigerator.



Consume within 2 to 3 weeks, or store in the freezer for three months. They may be individually wrapped using wax paper or plastic wrap and take with you to enjoy as portable energy bites.

*Making Love Potions: 64 All-Natural Recipes for Irresistible Herbal Aphrodisiacs by Stephanie L. Tourles.*