

Chocolate Herbal Truffles



VATA



PITTA



KAPHA

PREP TIME: 15 min
COOK TIME: 0 min
SERVINGS: 12 Truffles

Directions:

In a large bowl, mix together the nut butter and raw honey. In a separate bowl add all of the powdered herbs and stir well to combine.

Slowly mix the powdered herbs into the honey, dates and powdered herbs to form a thick paste.

Using a table spoon, scoop the mixture and roll into 1" balls.

Dust with left over herb powder to prevent from sticking. Dust with or roll balls in dried coconut flakes, cocoa powder, or even crushed pistachios.

Eat 2-3 daily to help support a health immune system.

What are adaptogenic herbs?

Adaptogenic herbs are a group of herbs that help us manage stress and adapt more easily to stressful situations. They help restore balance in the body, improve focus, mental functioning, and strengthen our immune system.

Herbal powders can be purchased on-line or mountainroseherbs.com or at a reliable herbal store.

Ingredients:

3 Tblsp ashwagandha powder
2 Tblsp astragalus root powder
2 eleuthero root powder
Tblsp raw cacao powder
1 tsp ginger powder
1 tsp cardamom powder
1 tsp your choice nut butter (peanut, almond or other)
1 cup raw honey
1/2 cup cup tahini
1/3 cup medjool dates (finely chopped)
1 tsp organic vanilla extract
coconut flakes and chopped nuts of your choice for coating.

Ayurveda:

These treats are nourishing to all doshas. They nourish and ground vata and pacify the firey Pitta. Having 2 of these daily, also helps cut cravings!

Kapha's should be mindful of having too many sweet treats and take in moderation, but they are ok for Kapha also.

**Dhandelione makes neither medical claim, nor intends to diagnose or treat medical conditions. Individuals who are pregnant or nursing, and persons with known medical conditions, should consult their licensed health care provider before taking any herbal product. Readers must do their own research concerning the safety and useage of any herbs or supplements.