

## OJAS BUILDING DATE BALLS

*Gary Jacobsson*

### INGREDIENTS

|       |                                       |       |                   |
|-------|---------------------------------------|-------|-------------------|
| 6     | lg medjool dates or 12 small (pitted) | ¼ tsp | cardamom          |
| 6 TBS | almond butter (unsweetened)           | 1 TBS | vanilla           |
| 1 TBS | ghee – or coconut oil                 | ¼ tsp | almond extract    |
| 1 tsp | cinnamon                              | ¼ C   | oats or granola   |
| ¼ tsp | nutmeg                                |       | Pinch of sea salt |

### METHOD

- Chop dates by hand into small pieces; add almond butter, ghee and all other ingredients into a food processor
- Pulse until blended
- Roll by hand into 1” balls
- Chill for an hour – keep them stored in refrigerator in a glass jar
- When ready to eat, take out 1 or 2, allow them to come to room temperature before enjoying with a cup of tea

### NOTES

Dates are low fat but rich in vitamins and minerals. They're a terrific source of protein, dietary fiber and vitamins B1, B2, B3 and B5 along with vitamins A1 and C. They are great energy boosters, are rich in potassium, and low in sodium; this helps regulate a healthy nervous system. Dates have high iron content and are very useful in treating anemia. They also have been shown to benefit those suffering from constipation. And last, but not least, they build Ojas and increase sexual stamina. What's not to love?