

Ayurveda Ojas Ball With Sunflower Seeds Recipe

Ayurvedic Ojas Ball with Sunflower Seed are gluten free, nut free and dairy free. And unlike other packaged and processed energy snacks, this sweet and nourishing Ayurveda energy snack is full of *prana*-life force nutrients, is easy to make and packed with *ojas* building ingredients to support digestion, replenish your immune system and restore vitality.



According to Ayurveda, *ojas* is the subtle energy in the body that is an essential essence, offering vitality and immune strength. This subtle energy found within all of us, provides our immune system the ability to keep the body strong and withstand disease. In the mind, *ojas* provides mental stability, the resilience to cope with stressful situations, and the endurance to stay mentally focused. *Ojas* allows us to feel content, at peace and bliss.

Ayurvedic Ojas Ball with Sunflower Seeds, GF, Nut Free, Dairy Free

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Serving size: 2 ojas balls

INGREDIENTS

- 1 1/4 cup roasted sunflower seeds
- 1 teaspoon cacao powder (optional)
- 2 tablespoons shredded coconut
- 2 pitted dates
- 1 teaspoon cinnamon powder
- 1/4 teaspoon cardamom powder
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon ginger powder
- 1/8 tsp mineral salt (omit if using salted sunflower seeds)
- 1 tablespoon ashwagandha root powder (optional but recommended)
- 1.5 oz maple syrup
- 2 tablespoons sunflower seed butter
- 2 tablespoons ghee or coconut oil (use 1 tablespoon for Kapha)
- 1/3 cup coconut, for coating

DIRECTIONS

1. Grind up the sunflower seeds in a blender or food processor until they become a fine powder. Add them to a large mixing bowl.
2. Add in the cacao powder, coconut, cinnamon, cardamom, turmeric, ginger, ashwagandha (if used), and salt. Stir well until all of the ingredients are evenly blended.

3. Add in the honey, sun butter, and ghee. Use your clean hands to mix everything together. Wet the hands slightly to avoid the mixture from sticking as you blend.
4. Place 1/4 to 1/2 cup of shredded coconut in a small bowl to prepare for dipping the energy balls after they are made.
6. Wet your hands to prevent sticking as you roll up the balls.
7. Take a small amount of the batter and begin to roll it in the palms of your hands.
8. Place the rolled ojas balls onto a plate.
9. Once the batter has been used up, roll each ball in the bowl of coconut until it is fully coated. Then place the finished ball in a container that is large enough for about 18 to 20 balls.
10. Once you are done, place the balls in the refrigerator for 1 to 2 hours to get them nice and solid before serving. If the weather is warm, you may need to place them in the freezer.
11. Store them in an airtight container in the freezer for up to 3 months.

Ingredient options: You may replace the sunflower seeds with other nuts/seeds such as almonds, macadamia nuts, cashews, walnuts, hemp seeds, or flax seeds. Sunflower seed butter can be replaced with any nut butter or seed butter (except peanut butter). Try adding extra ingredients such as raisins, dates, cacao nibs.

Ayurvedic Energetic of Main Ingredients:

Gunas=qualities, Rasa=taste, Virya= potent energy on agni-digestion, vipaka=post digestive effect on bodily tissues

Sunflower seeds:

Doshas: Balances vata, pitta, increases kapha dosha
 Gunas: cool, mildly heavy and drying
 Rasa: sweet, astringent
 Virya: heating
 Vipaka: sweet, building, nourishing

Dried, sweet dates:

Doshas: decreases pitta, balances vata, increases kapha
 Gunas: mildly heavy and oily
 Rasa: sweet
 Virya: cooling
 Vipaka: sweet, building, nourishing

Coconut

Doshas: decreases vata, pitta; increases kapha (in moderation, too much can increase kapha)
 Gunas: oily, smooth
 Rasa: sweet
 Virya: cooling
 Vipaka: sweet, building, nourishing

Ghee

Doshas: balances vata, pitta, kapha (in moderation, too much can increase kapha)
 Gunas: light, oily, smooth
 Rasa: sweet
 Virya: cooling

Vipaka: sweet, building, nourishing

Ashwagandha (rejuvenative, tonic, nervine)

Doshas: balances vata and kapha, slightly increases pitta

Gunas: light, oily, smooth

Rasa: bitter, astringent

Virya: heating

Vipaka: sweet, building, nourishing

Cinnamon (digestive, stimulant, diaphoretic, alterative)

Doshas: balances vata and kapha, increases pitta

Gunas: light, dry, penetrating

Rasa: pungent, sweet, astringent

Virya: heating

Vipaka: sweet, building, nourishing

Cardamon (digestive, carminative, expectorant)

Doshas: balances vata, pitta, kapha, increases pitta slightly when used in excess

Gunas: light, dry

Rasa: pungent, sweet

Virya: cooling

Vipaka: sweet, building, nourishing

Turmeric-dried (digestive, blood tonic, antimicrobial, anti-inflammatory)

Doshas: balances vata, pitta, kapha, increases pitta when used in excess

Gunas: light, dry

Rasa: pungent, bitter, astringent

Virya: heating

Vipaka: pungent

Ginger-dried (digestive, carminative, stimulant)

Doshas: balances vata and kapha, increases pitta

Gunas: light, dry, penetrating

Rasa: pungent, sweet

Virya: heating

Vipaka: sweet, building, nourishing

Balances vata and pitta doshas. Increases kapha dosha. Enjoy in moderation.

Resources:

<https://vibrationalayurveda.com/food-details>

Pole, S. (2013). *Ayurvedic medicine : the principles of traditional practice*. Singing Dragon, Cop.

<https://www.banyanbotanicals.com>