

SUN BALLS

Adapted from The Ayurvedic Cookbook by Amadea Morningstar

This is a great afternoon snack with tea – pacifying to vata and pitta; add a little dry ginger to make it more balancing for kapha.

½ cup plus 2 tablespoons toasted sunflower seeds (toast dry on the stove in a sauté pan)

½ cup shredded, unsweetened coconut (omit for kapha)

2 to 3 tablespoons currants (optional)

¼ cup sunflower butter

1 to 3 tablespoons maple syrup (less for kapha, more for vata & pitta)

1 teaspoon almond extract

½ teaspoon coriander powder

Grind the toasted sunflower seeds to a coarse meal. Mix all ingredients together in a mixing bowl and roll into 1-inch balls.

Roll in coconut if desired (not for kapha).