



Prostate-Friendly "Zoom Balls"

Created and prepared for the PAF by Lynda LeMole, nationally prominent nutritionist, herbalist & health advocate

Adapted from "Zoom Balls" from Rosemary Gladstar's Recipes for Vibrant Health. The ingredients in PA Zoom Balls were chosen for their prostate-nourishing qualities. They are healthy hiking trail boosters!

ALL ORGANIC INGREDIENTS- *Recipe amounts are approximate. Make your own to taste.*

Almond Butter - Roasted and unsalted - One Pound

Coconut Oil - 1/2 cup

Cocoa Powder - 1/4 cup

Maca Powder - 1/4 cup

Following ingredient amounts can be 'eye-balled'

Cocoa Nibs

Pomegranate Powder

Pomegranate Liquid Concentrate

Goji Berries, chopped

Sunflower Seeds, chopped

Flax Seeds, freshly ground

Pumpkin Seeds, chopped

Dark Organic Cherry for each Center - Montmorency dried cherries that have been softened and soaked in Pomegranate Liquid concentrate

Coconut - finely shredded

Coconut - medium shred (for final rolling)

The variations are endless. Use spices or flavor ingredients to your taste

Version #2 : Ground Cardamom, Cinnamon , Dust with Sea Salt

Technique:

In a bowl large enough to get your hands into, blend and soften almond butter and coconut oil. Begin to add and blend ingredients. Form balls about the size of ping-pong balls and place on waxed or parchment paper-lined tray. If mixture is too dry or wet, adjust with pomegranate liquid extract or finely shredded coconut so balls hold together. Bury a cherry in the center of each ball. Roll in medium shredded coconut. Refrigerate. Balls will firm up. Trail Tip: Store in used egg cartons which can then be carried in a backpack.



Lynda LeMole is a nationally prominent nutritionist & health advocate for the PAF Hiking Group. She also serves on the board of directors for the Prostate Awareness Foundation.

*Lynda's recipes are posted on the PAF website:
www.prostateawarenessfoundation.org*