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