

## Magic ZOOM BALLS

Zoom Balls combine the energetics of nourishing herbs with high-powered stimulants to provide a balanced form of energy. This recipe is from Rosemary Gladstar's *Family Herbal*, Storey Books, 2001.

This recipe makes 60 large, superdelicious zoom balls

3 cups tahini (drain excess oil from the top)  
1 to 2 cups cashew or almond butter  
2 cups honey (more or less to taste)  
4 to 6 tablespoons guarana powder  
4 tablespoons kola nut powder  
6 tablespoons Siberian ginseng powder  
1/2 teaspoon cardamom powder  
2 tablespoons Panax ginseng powder, optional  
1 teaspoon nutmeg and/or mace, optional  
4 to 6 tablespoons bee pollen, optional  
2 vials royal jelly, optional  
1 1/2 to 2 cups carob or chocolate chips  
1 to 2 cups unsweetened shredded coconut, lightly toasted  
1 to 2 cups finely chopped almonds or walnuts  
1 to 1 1/2 cups dried cranberries or cherries, chopped  
Unsweetened cocoa powder

1. Mix the tahini, nut butter, and honey until smooth. Combine the herbal powders, bee pollen, and royal jelly and add to the tahini mix.
2. Add the carob or chocolate chips, coconut, and almonds and mix in well (this usually requires mixing with your hands). Mix in enough cocoa powder to bring the dough to the desired thickness.
3. Roll the dough into small balls—about 1 to 1 1/2-inches in diameter. Roll the zoom balls in cocoa or carob powder and store in tins lined with wax paper in a cool place. They will last a few weeks. Have a ball! Don't eat too many.

If you want to coat the balls with chocolate, chill them in the refrigerator for easier dipping. You can also spread the mixture onto a baking sheet, chill, and cut into squares. Melt 2 pounds bittersweet dipping chocolate. Dip the balls one at a time into the melted chocolate, and place them on wax paper to cool.