HOLISTIQUE MEDICAL CENTER · BELLEVUE, WA

Fuel Power Balls On The Go!

Holistique Medical Team

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Summer is fast approaching (at least we hope it is in the soggy PNW). T'is the season to get outside, move the body and do fun physical activities. Fun activities require energy. Here is a delicious, super easy to make power balls recipe to provide a quick energy refuel so to maintain physical and mental activity throughout the day.

Ingredients

1 cup shredded coconut

1/2-3/4 c dried cranberries

1/2 c nut or seed butter of your choice – I used almond.

2 tbs raw, local honey or agave

1 tbs reishi mushroom powder (available at Holistique)

1 tbs dark cocoa powder or raw cacao powder

3/4 tsp organic cinnamon

Instructions

Mix in a bowl until your little heart's desire.

Pinch off a small amount and roll into a ball – about the size of a small melon ball.

Store in a glass container in the fridge for up to 3 weeks.

Why are these Power Balls so beneficial?

These power balls contain a good dose of iron (coconut is full of it), healthy fats, protein, fiber, potassium, calcium, magnesium and manganese, sulfur, zinc, copper, phosphorus, and B, C, E and K vitamins. Reishi mushrooms support immune function, improve fatigue and sleep, and help stress

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resilience. Packed with protein (19.5mg per 100g), reishi mushrooms provide essential and non-essential amino acids that are necessary for the multitude of physiological body functions necessary to maintain metabolism and energy.

These delicious Power Balls provide a perfect formula for building muscle, bone and enriching the blood while providing concentrated nutrition for enjoying the great outdoors.

Enjoy!

Medical disclaimer: This article is for educational purposes only and reflects the clinical perspective of Holistique Medical Center. It is not a substitute for individualized medical advice, diagnosis, or treatment. Consult a qualified healthcare provider before starting any new therapy or making changes to your health regimen.

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