

## Ashwaganda Chocolate Chai Bites

Makes 14 to 18 bites (depending on size).

### Ingredients:

1/3 cup organic tahini

1/4 cup + 1 Tbsp. organic almond butter (or nut butter of your choice)

1/4 cup + 2 Tbsp. raw, local honey

1/4 cup fair trade, organic dark chocolate, chopped

2 Tbsp. organic ashwagandha powder

2 Tbsp. organic cacao powder (plus more as needed)

2 Tbsp. organic hemp seeds

1 tsp. organic cinnamon powder

1 tsp. organic ginger powder

1 tsp. organic cardamom powder

1 tsp. organic nutmeg powder

1/2 tsp. organic vanilla extract (optional)

### Toppings:

Organic hemp seeds or organic coconut flakes to coat the balls.

### Directions:

Add tahini, almond butter, and honey into a medium bowl and mix until smooth.

Add herb powders and mix until well combined.

Mix in vanilla extract and hemp seeds.

Mix in chopped chocolate.

Add more cacao powder, a little at a time, until dough is thick enough to hold shape.

Once the dough is thick enough and doesn't stick to the sides of the bowl, roll into 1-inch balls.

Coat with coconut flakes or hemp seeds and enjoy!

What I love about this recipe is that I can taste it as I go and adjust as needed until I have the right flavor and texture. Once the dough is all rolled into yummy little chocolate bites, I keep them stored in a sealed container in the refrigerator for up to a week.