Rhodiola Energy Balls

BY BEN LEVINE

The classic herbal energy ball with a twist—packed with a full daily dose of rhodiola. Have one nutrient-dense ball a day, in the morning or as an afternoon pick-me-up, to explore the benefits of this powerful adaptogen.

ingredients

- 1½ cups Brazil nuts (or nut of your choice)
- 1 cup dates, pitted
- 2 tbsp almond butter
- ¼ cup cacao powder
- 2 level tsp (~3.75 grams) rhodiola extract powder (3% rosavins)
- Optional: other adaptogen powders & mushrooms, like eleuthero and cordyceps, though start with just rhodiola so you know what it feels like.
- ¼ tsp cinnamon
- 1 tsp ginger
- Dash of cayenne
- Dash of salt

directions

1. Blend ingredients in food processor in the same order the ingredients are stated (i.e., start with the Brazil nuts, then add dates, then add almond butter, etc.).
2. Once all the ingredients are mixed in, take 1 heaping TBSP of the paste at a time and roll into balls.
3. **Bonus points:** roll balls in cacao powder, hemp seeds, or sesame seeds for extra fun.

Yield: 15 balls

Freeze instead of refrigerating—you can eat them right out of the freezer and they have an extremely long shelf life!

HERBS with ROSALEE

BY BEN LEVINE

Sitting quietly atop a Colorado mountain peak, Ben LeVine felt a voice from his favorite herb that would define his future: “You were meant to become an herbalist. Just let the plants guide you.” That path has led him to the farthest corners of the Earth and back, driven to unravel the mysteries of the world’s most powerful plants. Now as Co-Founder and Chief Herbalist of Rasa, he’s using those potent herbal secrets to revolutionize your morning energy ritual with the power of adaptogens.

You can find more from Ben at his website: WeAreRasa.com. You can also find Ben on Instagram, Facebook, and LinkedIn.