

Material List:

Herbal Beverage

- Way to boil hot water- electric tea kettle or stove
- Mug
- Spoon
- Optional: sweetener and/or milk of choice

Superfood Truffles

- Spoon
- Small bowl
- Small plate
- Measuring spoons

Herbal Coffee

Ingredients

- 6 grams **Rasa Classic Herbal Roast**
- 1 cup water
- Optional: sweetener and/or milk of choice.

Instructions

- Add 6 grams of Rasa Classic Herbal Roast to a mug
- Add 1 cup of hot or cold water
- Stir to dissolve completely.
- Optional: add sweetener or milk of choice if desired.
- Enjoy!



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Chocolate Superfood Truffles

*These superfood truffles make a great healthy snack or treat!
They are easy to make and packed with healthy fat, plant protein,
antioxidants, vitamins and minerals.*

Ingredients

Makes three 1 inch bals

- 2 tablespoons almond flour
- 1.5 tablespoon sunflower butter
- 1/2 tablespoon honey
- 1 tsp cacao powder
- 1/4 - 1/2 tsp superfood powder (ashwagandha, reishi mushroom, maca)* optional
- 1/2 tbsp topping- cacao nibs, coconut and hemp seeds.



Instructions

- Add almond flour, flavoring powder and superfood powder to a bowl and mix with a spoon. Then add sunflower butter and honey. Mix thoroughly.
- Consistency of the mixture should be somewhat moist, so that all ingredients can stick together. If your mixture is too dry, add a bit more honey or sunflower butter.
- Roll your mixture into 1 inch bals.
- Option to roll the balls into a topping.
- Enjoy immediately or refrigerate for 1 hour for a firmer texture.
- Store in an airtight container in the fridge. Eat within 1 week.



Golden Milk Superfood Truffles

*These superfood truffles make a great healthy snack or treat!
They are easy to make and packed with healthy fat, plant protein, antioxidants, vitamins and minerals.*

Ingredients

Makes three 1 inch balls

- 2 tablespoons almond flour
- 1.5 tablespoon sunflower butter
- 1/2 tablespoon honey
- 1 tsp golden milk powder
- 1/4 - 1/2 tsp superfood powder (ashwagandha, reishi mushroom, maca)* optional
- 1/2 tbsp topping- cacao nibs, coconut and hemp seeds.



Instructions

- Add almond flour, golden milk powder and superfood powder to a bowl and mix with a spoon. Then add sunflower butter and honey. Mix thoroughly.
- Consistency of the mixture should be somewhat moist, so that all ingredients can stick together. If your mixture is too dry, add a bit more honey or sunflower butter.
- Roll your mixture into 1 inch balls.
- Option to roll the balls into a topping.
- Enjoy immediately or refrigerate for 1 hour for a firmer texture.
- Store in an airtight container in the fridge. Eat within 1 week.

