



## 'OJAS' IMMUNITY BOOSTING TURMERIC BALLS

### Immunity and Digestion- A Tradition Recipe

#### Ingredients:

- 250g Ground Organic Turmeric
- 80g - 100g Pearl Millet Flour/ Sorghum flour/ Rice flour
- 2-3 tbsp Ghee/ Cold Pressed Organic Olive Oil
- 150g Cane sugar/ Ground Jaggery/ Brown sugar
- 1/2 inch Fresh Ginger (grated)
- 4-5 Almonds
- 4-5 Pistachio Nuts
- 3-4 Cashew Nuts
- 2-3 Walnuts
- A few Raisins
- (All nuts and Raisins to be washed and roasted, cooled and ground into a coarse powder)

#### Method:

- Mix the flour with turmeric powder and roast on medium heat until golden brown. Let cool. Add the grated ginger.
- Add the sugar/ jaggery and ghee/ oil and mix with a spoon/ fingers. Add the ground nuts and mix into a dough.
- (You may wish to adjust the quantities of ghee and sugar as turmeric powders have varying ability to absorb.)
- Serve immediately or store in an air-tight container in the refrigerator for up to 1 week.
- 1 a day with a warm beverage.

00447590999668



[gautam@vedantnutrition.com](mailto:gautam@vedantnutrition.com)  
[www.vedantnutrition.com](http://www.vedantnutrition.com)

