



Ellen's Antioxidant Bombe Rx

ENJOY ONE DAILY!

These easy-to-make, nutritious, medicinal, power-packed antioxidant bombs are spicy, chocolatey, sweet, and pack a little heat! Enjoy one or two of these daily for an anti-inflammatory, protein, flavonoid and polyphenol-rich antioxidant blast.

Basic Nutrition Info

Nutritional info is for two bombs which is what the recipe makes

Total calories = 302

Total carbs = 26 g

Fiber = 6.7 g

Net carbs (total carbs - fiber) - 19.3

Protein = 15

Fat = 16 total (3 of these are saturated) No trans fats.

YOU'LL NEED THE FOLLOWING DRY INGREDIENTS: detailed ingredient notes below

- 1 tsp mushroom powder
- 1 Tbls unsweetened cocoa powder
- 1 tsp chia seeds
- 1 tsp turmeric powder
- 1/8 generous tsp matcha powder
- 20 grinds black pepper
- 1/2 tsp chipotle powder
- 1/2 tsp cinnamon
- 1/8 tsp nutmeg
- 1 scoop Deep Marine collagen

Ingredient Notes

1 packed generous Tbls unsweetened (NOT Dutch processed) cocoa powder - (10 cal/Tbls, 3 g total carbs, 2 g fiber, 1g protein) - Cocoa powder has a high polyphenol content (a type of antioxidant), is very high in flavanols which have anti-inflammatory and antioxidant properties, improves nitric oxide levels in blood that enhance blood vessel function and decreases blood pressure, reduces LDL “bad” cholesterol, improves mental performance and blood flow to the brain, improves mood and psychological well-being, improves insulin secretion and lowers risk of Type 2 diabetes and has neuroprotective and preventative effects in Alzheimer’s dementia (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4170833/>)

1 tsp chia seeds - (23 cal/tsp, 1.3 g total carbs, 1 g fiber, 1 g protein) - Chia seeds are a great source of fiber, protein, Omega 3 fatty acids, have a high antioxidant content, are a good source of calcium, phosphorus and magnesium and are anti-inflammatory.

1 tsp turmeric powder - (10 cal/tsp, 2 g total carbs, .66 g fiber, .3 g protein) - Curcumin is the active ingredient in turmeric which is anti-inflammatory, a potent antioxidant, boosts BDNF (brain derived neurotrophic factor that prolongs the life of neurons), improves endothelial function (the lining of blood vessels), is anti-cancer, and may help fight dementia. Curcumin is also an antidepressant.

20 grinds black pepper (1/2 tsp) - (.72 total cal, .18 total carbs, .07 g fiber, .03 g protein) - The piperine in black pepper increases the absorption of curcumin by a whopping 2000% and black pepper itself is an antioxidant, is anti-inflammatory, and also increases absorption of other nutrients as well as those in green tea.

1/2 tsp chipotle powder - (2 cal, 1 g total carbs, negligible fiber or protein) The capsaicin in chipotle pepper powder is anticancer, reduces cardiovascular risk, helps to manage insulin levels and stimulates fat burning.

Ingredient Notes (cont)

½ tsp cinnamon - (3 cal, 1 g total carbs) - Cinnamon is loaded with polyphenol antioxidants, is anti-inflammatory, and reduces risk of heart disease by lowering LDL “bad” cholesterol and increasing HDL “good” cholesterol. Cinnamon also lowers fasting blood sugar and may decrease hemoglobin A1c.

⅓ tsp ground nutmeg powder - (1.5 cal, negligible source of carbs, protein, fat) Nutmeg is a rich source of antioxidants, has apparent antidepressant effects and aids sleep. Never use large amounts of this spice (more than a teaspoon) at a time, as in large quantities it can be toxic. Omit if you prefer.

1 tsp Laird’s mushroom powder (mix of Lion’s mane, cordyceps, chaga and maitake - (10 cal, 2 g total carbs, negligible fiber or protein) (More than 100 medicinal functions are produced by mushrooms and fungi and the key medicinal uses are antioxidant, anticancer, antidiabetic, antiallergic, immunomodulating, cardiovascular protector, anticholesterolemic, antiviral, antibacterial, antiparasitic, antifungal, detoxification, and hepatoprotective effects:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4320875>

⅓ generous tsp matcha powder - (negligible source of carbs, protein) - This brilliant green tea powder is high in catechins, a type of antioxidant, boosts brain function as it contains L-theanine an amino acid that aids focus and concentration, increases alpha wave activity in the brain promoting relaxation, improves memory, attention and reaction time, may help to prevent cancer, works synergistically with mushrooms to give an even greater cancer protective effect, is especially high in epigallocatechin-3-gallate (EGCG) which is the most cancer preventative polyphenol in green tea
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3509513/> Matcha also decreases cardiac risk factors and enhances weight loss.

1 scoop Deep Marine collagen - (22 cal, 4.7 g protein, 0 carbs, 0 fiber) - Marine collagen is protein source, may slow aging of skin by reducing wrinkles and dryness and elasticity, helps to reduce joint pain, could protect against bone loss, strengthens hair and nails. I recommend Deep Marine Collagen, made in Canada from fish skin that would otherwise have been discarded. I write for the company on their blog, know the owners, and personally use their product. I have negotiated a 20% discount for our group and there is free shipping and no tax! If you live in the U.S. [use this link](#) and if you live in Canada [use this link](#). Leave this out if you want your bombe to be vegan or you can use “vegan” collagen, which is not really true collagen, but plant based precursors.

YOU'LL NEED THE FOLLOWING WET INGREDIENTS:
detailed ingredient notes below

- 1 to 2 Tbls smooth or crunchy natural peanut butter
- 1 and ½ tsp honey
- ⅛ tsp natural vanilla extract
- ⅛ tsp natural almond extract

Ingredient Notes

1 to 2 Tbls smooth or crunchy natural peanut butter - (values are for 2 Tbls: 190 cal, 7 g total carbs, 3 g fiber, 16 g total fat [3 saturated], protein 8 g) - Natural peanut butter without any added sugars or other oils is a great source of protein and good fat...half the fat in peanut butter is oleic acid, a monounsaturated fat also found in olive oil. Peanut butter is also a good source of several vitamins and minerals including Vitamin E, Vitamin B3, Vitamin B6, folate, magnesium, copper, and manganese. You can substitute another nut butter if you don't want to use peanut butter, such as almond butter or even walnut butter.

1 and ½ tsp honey - (30 cal, 8.5 g total carbs) - Honey is high in antioxidants including flavonoids, plus you don't have to use much of it to get a delicious sweet taste. Substitute maple syrup for a vegan version. Adjust the amount of sweetener based on your taste. Be sure you get honey from a reputable source that is not adulterated with other sweeteners.

⅛ tsp natural vanilla extract (negligible source of carbs, protein) - Natural vanilla is made from the seed pods of an orchid! Vanilla has antioxidant properties, both the flavor and aroma have calming effects and it enhances the flavor of other foods by bringing out sweetness, allowing you to use less sweetener in a recipe.

⅛ tsp natural almond extract - (negligible source of carbs, protein) - Made from almond oil. Doesn't ramp up the nutritional profile but adds flavor and also helps to enhance the sweetness of the honey, allowing you to use less sweetener in the recipe.

Directions

DIFFICULTY: EASY PEASY!

Mix all the dry powders together in a small bowl or cup. Then add honey, a generous tablespoon of the peanut butter, and vanilla and almond extracts to the powder and mix until well combined and everything adheres together. Add a bit more peanut butter or honey if it's too dry to stick together.

Once you can press everything together with a knife or spoon, then scoop the contents into your hands and then roll and compress the mixture into a ball, then divide it in half and roll into two bombes. Then roll the bombes in either extra chia seeds or unsweetened cocoa powder to coat and put in the fridge or freezer for a few minutes to firm if needed.

LINKS FOR RECOMMENDED INGREDIENTS

- [Anthony's Organic Chia Seeds](#)
- [Turmeric powder \(lead free\)](#)
- [Chipotle powder](#)
- [Laird Superfoods Mushroom powder](#)
- [Aiya Culinary Grade matcha](#)
- [Deep Marine Collagen \(US\)](#)
- [Deep Marine Collagen \(CA\)](#)

Got Questions?

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info@thefastfactor.com

