



# MAHARISHI AYURVEDA

## HEALTH CENTRE BAD EMS

Since 1992

# Saffron Marzipan

with Sharkara sugar



## RECIPE

With these delicious marzipan sweets, you are sure to charm your guests' palates and hearts. And, most importantly, they are a breeze to prepare. No cooking, no baking – just mix the ingredients, roll, coat with chocolate, and you're done!

### Ingredients for about 15 sweets of 12 g each:

- 110g almonds
- 75g Sharkara sugar
- 6 tsp. rose water
- 2 tsp. sunflower oil
- a pinch of saffron powder
- a pinch of salt
- 1/4 tsp. ground cardamom
- 1/4 tsp. ground ginger
- chocolate couverture for the coating\*
- apricot kernels for decorating

Organic quality ingredients contain the most nutrients and have more flavor.

\* We recommend using chocolate in "raw quality" to fully enjoy its health benefits: anti-inflammatory, keeping blood vessels flexible, stimulating, and increasing the happiness hormone serotonin.

In addition, you'll want to choose high quality chocolate with a high cocoa content and little sugar. Please note that, obviously, this treat is not easily digestible. Therefore, to avoid producing Ama (metabolic deposits) it should only be enjoyed on special occasions and in small quantities.

**Almonds**, with their high mineral and fat content, are a perfect energy source for the winter. Scientific studies have shown that when eaten regularly, they improve intestinal flora, increase bone density, alleviate diabetes and hypertension, and help lower cholesterol levels. They are an ideal food to reduce Vata Dosha, which increases during the winter season due to cold and darkness, by strengthening Kapha and Pitta Doshas.

**Sharkara**, already mentioned in the ancient Ayurvedic scriptures as the best sugar, is recommended by Vaidyas (Ayurvedic physicians) up to this day.

This Ayurvedic rock candy is produced from sugar cane in an elaborate process utilizing natural sunlight, allowing large crystals to grow in a sugar solution. Through the slow re-crystallization, the sugar is upgraded – impurities and components causing acidity are expelled. Finally, the crystals are crushed and finely ground.



## Recipe – Saffron Marzipan

### Preparation:

- Peel the almonds, let them dry and grind them.
- Put all ingredients together.
- Mix in a blender using the pulse function
- Put the mixture on a plate and refrigerate for one hour
- Warm up the chocolate couverture
- Roll into balls, stick wooden skewers into the balls and put them in the freezer for 15 minutes
- Dip the marzipan balls into the liquid couverture one by one and place them on baking paper
- Pull out the wooden skewer and close the hole with an apricot kernel.

### *Enjoy!*

Sharkara has a balancing and mildly alkalizing effect on the body and instead of being converted into fat, it can be metabolized completely. It reduces excess Pitta Dosha and also balances the other Doshas. In addition, this high-quality natural sugar is used in Ayurvedic medicine as an Anupanam (carrier substance) for food supplements, enhancing their effect.

**Saffron** strengthens the digestive power (Agni) without stimulating Pitta Dosha and has a pacifying effect on all three Doshas. In Ayurveda it's classified as a Sattvic food ingredient, increasing love, compassion, and devotion.

**Cardamom** pacifies all three Doshas, activates the digestive power, relieves flatulence, and provides a fresh taste in the mouth.

