

CHERRY, CHOCOLATE & MACA SMOOTHIE

Ingredients:

- 2/3 cup frozen
- cherries
- ½ banana
- 1 tbsp organic chia seeds
- 3 tbsp hemp hearts
- 2 tablespoons cacao powder
- ¼ tsp almond extract
- 1 tsp maca powder
- 1 ½ cup almond milk (I love the toasted coconut almond milk by Califia Farms)
- Ice
- Opt: Vital Proteins unflavored collagen peptides (boosts protein)

Directions:

Measure all ingredients and place them into a high powered blender.

Add ice if you like a thicker and chillier smoothie.

Blend and serve!



About:

This particular recipe contains an adaptogen (ohhh how I love a good adaptogen) called maca. Maca is actually part of the cruciferous vegetable family and its edible root is dried and made into a powder. Maca has a very earthy nutty flavor, almost like caramel.

Maca is rich in fiber, vitamin C, copper, and iron.

Maca is best known for naturally boosting libido in both men and women. It's possible that maca helps restore hormonal balance and improve fertility. Maca has also been shown in studies to improve mood and reduce anxiety and depression, especially in menopausal women.