



INGREDIENTS

(Serving Size: about 10-12 ounces)

1 Cup Coconut or Almond Milk (or other unsweetened, non-dairy milk drink)	1 Tspn. Maca Powder
½ Heaping Cup Frozen Strawberries	1 Full Pinch of Nutmeg
¼ Cup Dark Chocolate Chips	(Optional: for a smoother sweeter smoothie) ½ container of Strawberry Greek Yogurt or Yogurt Alternative

DIRECTIONS:

Add the non-dairy milk drink, frozen strawberries, dark chocolate chips, Maca powder, nutmeg and (if you choose) yogurt to blender. Blend ingredients until smooth.

SUPERFOOD SECRETS

Maca root is an adaptogen: a natural herb or substance that helps the body deal with stress. Maca has a delicious, nutty flavor and can help improve energy, mood, and sex drive for women and men, Maca also supports estrogen balance and has been found to boost fertility. Dark chocolate boosts serotonin and dopamine (the feel good-mood boosting hormones), and Nutmeg is a nutty spice that's known for its aphrodisiac properties.