

Maca Smoothies:



Strawberry Cherry Red Maca Smoothie

Ingredients

- 1 Cup Frozen Strawberries
- ½ Cup sweet red cherries
- ½ Cup Coconut Milk
- ½ Cup Water
- 1 Tbsp Red Maca Powder
- 1 tsp honey
- ½ tsp vanilla extract

Combine all ingredients in a high-speed blender and blend on high until completely smooth

Chocolate almond Black Maca Smoothie

Ingredients

- 2 Tbsp cacao powder
- 2 Tbsp almond butter
- 1 Cup almond Milk
- 1 Tbsp Black Maca Powder
- 2 medjool date, pitted
- ½ tsp vanilla extract
- ½ tsp ground cinnamon

Combine all ingredients in a high-speed blender and blend on high until completely smooth

Banana Pineapple Yellow Maca Smoothie

Ingredients

- 1 ripe banana, peeled, sliced, and frozen
- 1 cup fresh pineapple pieces
- ½ cup coconut milk or filtered water
- 1 Tbsp yellow maca powder
- ½ tsp vanilla extract

Combine all ingredients in a high-speed blender and blend on high until completely smooth