



# MACA MILK

SERVES 1–2

Maca is a potent superfood, commonly referred to as a “hormonal adaptogen” – meaning that it balances hormones and can alleviate even the most aggressive of PMT and menopausal symptoms. Hailed as “Nature’s Viagra” and “Peruvian Ginseng”, maca has a lot to offer both genders of all ages, as well as boasting a wide and impressive range of nutritional properties. Its roots are the parts that are dried and made into powder, which is how we buy it today. As it has such a strong (malty) taste it’s not to everyone’s liking, but here’s a recipe that will make it much more enjoyable.



## EQUIPMENT

- Blender



## INGREDIENTS

- 1 cup almonds OR 1 tablespoon almond butter
- 3 cups water
- 1 level tablespoon maca powder
- 2 Medjool dates OR 2 tablespoons light agave nectar



## DIRECTIONS

1. Place almonds/almond butter and water in a blender, and blend on high speed until the nuts are completely broken and almond milk is created.
2. Add the maca powder and your chosen sweetener, and blend.
3. Taste-test for sweetness and add more maca or dates or agave if required.

- This is a great post-breakfast drink or snack, or one for late evening when it’s too late to eat.
- If taking maca for medicinal reasons (e.g. to alleviate PMT, increase sperm count, etc.), then you will need to take a tablespoon per day, every day, to get the results. Please consult a health care professional for additional guidance.
- There’s lots to say about maca. Google it and you’ll be amazed at what you discover.

