



MACA MOCHA SMOOTHIE



Are you sluggish and find it difficult to get yourself up and going in the morning? Have you become reliant on your morning coffee to do the trick. This is the perfect morning coffee alternative. Skip the ice blended mocha and go for this nutritious pick me up. This rich smoothie will give you a sustained, slow release of energy throughout your morning.

YIELD:

4 Servings

RECIPE TYPE:

Breakfast, Snack

RECIPE CATEGORY:

Cheap Seats, Hurry Up Offense

INGREDIENTS:

- 2 cups unsweetened cashew milk
- 1 banana, chopped
- ½ cup organic blackberries, frozen or fresh
- ½ cup organic blueberries, frozen or fresh
- ½ cup raw oats, soaked overnight
- 1 tablespoon maca powder
- 2 tablespoons raw cacao
- 1 tablespoon honey or maple syrup
- 1 teaspoon coconut oil
- pinch of vanilla powder

STEP 1

Combine all ingredients in a blender and blend on high. Blend very well until all ingredients are smooth and creamy.

STEP 2

Pour smoothie into a glass and enjoy.

STEP 3

You Did It, High Five Friend!

NUTRITION INFORMATION:

Maca is an adaptogen, a member of the cruciferous family, and known as one of the world's natural superfoods. It is rich in key nutrients and actually has more calcium than milk. Maca offers many benefits, including: increased fertility in both men and women, hormone balance,

increased energy and stamina, increased muscular strength, and improved sexual function, mood, memory and focus.

