



Fertility Smoothie Recipes

Basic Smoothie

1 Banana
1C Juice
1t Fertilica Maca
Water
- Blend and enjoy!

Maca Malt Shake

2 Scoops chocolate/vanilla ice cream
1C Organic milk
1t Fertilica Maca
-Blend together and enjoy!

Frozen Maca-Lada

1 Banana
1/2C Strawberries
1/8C Coconut milk
1t Fertilica Maca
2t Fertilica UltraGreens
-Blend with water until desired consistency. Enjoy!

PCOS Smoothie

1/2C pineapple
1/2C Papaya
2T Hemp seeds
1t. Fertilica Maca
1 Scoop Fertilica Whey Protein
-Blend with water until desired consistency. Yum!

Ovulation Smoothie

1 Banana
1/2C Blueberries
1t. Fertilica Maca
1t. Royal Jelly
30d. Vitex
1C. Orange Juice
-Blend and enjoy!

Egg Health Smoothie

1 Banana
1/4C Blueberries
1/4C Strawberries
12T Hemp seeds
2t Fertilica UltraGreens
1 Scoop Fertilica Whey Protein
1t Royal Jelly
1t Fertilica Maca
1C Fresh Orange Juice

Men's Fertility Smoothie

1 Banana
1/2C Cherries
1/4c Pumpkin Seeds
1t Fertilica Maca
1 Scoop Fertilica Whey Protein
2t Fertilica UltraGreens

Andes Dream

1/4c Quinoa (cooked and refrigerated)
1 handful Spinach (raw)
1 Banana
1/4c Blueberries (frozen)
2T Hemp seeds
1-2 Dates
1t Fertilica Maca
-Put all ingredients into a blender add water, blend. Add more water until desired consistency manifests. Make sure quinoa is not hot. Refrigerated quinoa is best for smoothies.

Resources

Purchase Fertility Superfoods at: **FertilitySuperFoods.com**

10 Day Fertility Smoothie Challenge: **NaturalFertilityInfo.com**

Recommended Fertility Superfoods:

Fertilica Maca
Fertilica UltraGreens
Royal Jelly
Fertilica Whey Protein

For questions or to re-order please visit www.NaturalFertilityShop.com or call 1-800-851-7957

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