



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

© Natural Fertility Info.com. All Rights Reserved.

This information is provided for educational purposes only and is not intended to treat, diagnose or prevent any disease. It is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

IFSKIT