



Fertility Smoothie Recipes

Basic Smoothie

1 Banana
1 C Juice of choice
1 t Fertilica Maca Powder
Water to make smooth
-Blend and enjoy

Maca Malt Shake

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

Frozen Maca-Lada

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

Ovulation Support Smoothie

1 Banana
1/2 C Blueberries
1 t Fertilica Maca Powder
1 t Royal Jelly
30 drops Fertilica Vitex Extract
1 C Orange juice
-Blend and enjoy!

Egg Health Smoothie

1 Banana
1/4 C Blueberries
1/4 C Strawberries
1-2 T Hemp seeds
2 t FertiliGreens
1 scoop FertiliWhey Protein Powder
1 t Royal Jelly
1 t Fertilica Maca Powder
1 cup Orange juice

Men's Fertility Smoothie

1 Banana
1/2 C Cherries
1/4 C Pumpkin seeds
1 t Fertilica Maca Powder
1 scoop FertiliWhey Protein Powder
2 t FertiliGreens

Andes Dream

1/4 C Quinoa (cooked and chilled)
1 handful of Spinach (raw)
1 Banana
1/4 C Blueberries (frozen)
2 Tablespoons Hemp seeds
1-2 Dates (pitted and soaked in water until soft)
1 t Fertilica Maca Powder
-Put all ingredients into a blender, add water, blend. Add more water until desired consistency manifests.

Resources:

Purchase Fertility Superfoods at: www.NaturalFertilityShop.com
10 Day Fertility Smoothie Challenge: www.NaturalFertilityInfo.com

Recommended Fertility Superfoods:

Fertilica Maca Powder (Organic)
FertiliGreens
Alive Bee Power Royal Jelly
FertiliWhey Protein Powder

Low GI, High Protein Smoothie

1/2 C Pineapple (not canned)
1/2 C Papaya
2 T Hemp seeds
1 t Fertilica Maca Powder
1 scoop FertiliWhey Protein Powder
-Blend with water for desired consistency.
Yum!

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 healthcare professional and is not intended as medical advice. We encourage you to make your own healthcare decisions based upon your research and in partnership with a qualified healthcare professional.

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

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