



**SELENO HEALTH**

# Ancient Master Plant Recipe Guide

LEARN HOW TO INCORPORATE SELENO  
HEALTH MACA & CACAO INTO YOUR DIET  
FOR EVERYDAY VITALITY WITH THESE  
DELICIOUS RECIPE IDEAS.





# Maca

Recipes



# What is maca?

THE MOST SACRED PLANT OF JUNIN, PERU WITH OVER 2000 YEARS OF TRADITIONAL PRACTICE AS A PLANT MEDICINE. SHE REPRESENTS STRENGTH, RESILIENCE, BALANCE AND PROMOTES SELF-HEALING.



Maca root is a sacred plant from the high mountains of Peru that is traditionally used as a natural remedy to bring balance, boost energy and combat stress and fatigue. Maca powder benefits natural hormone balance, promoting both libido and sexual function in men and women and returning hormonal harmony during hormonal transitions in women (e.g. menopause or PMS).

Maca is also an adaptogen that helps the body cope better with stressors and naturally returns balance to the nervous and endocrine systems.



# Which maca should I use?

THE DIFFERENT COLOURS OF MACA (RED MACA, BLACK MACA AND YELLOW MACA) EACH HAVE DIFFERENT PROPERTIES THAT NEED TO BE USED IN THE RIGHT RATIOS DEPENDING ON THE CONDITION BEING TREATED.



**Yellow maca root** is the most abundant form of maca (65%), it is more mild than the other colours and is traditionally used to build resilience and bring balance to master glands. Yellow maca powder benefits those with hormonal imbalances, thyroid dysfunction, adrenal fatigue, stress, burnout and for general health and well-being.

**Red maca root** is more rare (25%) than yellow maca and saved for acute treatment of constitutional imbalances or alleviating more chronic conditions. Red maca benefits conditions such as specific hormonal imbalances (including PMS and menopause), anxiety, adrenal fatigue, weakened bones, poor circulation, inflammation and autoimmunity, prostate function in men and can enhance fertility in women.

**Black maca root** is the rarest form of maca (10%) and is thought to be the most sacred and saved for acute treatment of constitutional insufficiencies or chronic health conditions. Black maca benefits cognitive capacity (brain fog), brain function, physical energy, mental focus, mental health (as a natural antidepressant), physical performance, male fertility, sexual function and libido.

You can learn more about what maca is right for you on our website.



Our **Yellow Maca** is organic, heat-activated, farm to table, & sustainability produced. Its traditional uses have been for supporting mental health, hormone balance, menopause, PMS, fatigue, stress, inflammation, pain, and more.



**Chocolate Maca** is a blend of maca and 30% organic Peruvian cacao to create an even more potent antioxidant superfood with a rich chocolate flavour.

*RECIPE TIP: You can use 30% cacao powder, and 70% of yellow maca powder as a substitution for chocolate maca powder in recipes.*



**Maca nibs** are heat-activated sun-dried roots that have been shredded into small nib size fragments. Perfect for adding to cereal, granola, sprinkling on top of your smoothies or bowls or just crunching on a mouthful.



**Maca for Men** is a scientifically formulated blend of activated black, yellow, and red maca designed to optimize male health and hormones.



**Maca for Women** is a scientific blend of red, yellow, and black Maca in ideal ratios to balance female hormones and health.



Our concentrated **Red Maca** is 10x more potent than raw maca, it acts faster, has a softer flavour, is more bio-available, easier to consume and is packed with macamides to support specific health conditions.



Our concentrated **Black Maca** is 10x more potent than raw maca, it acts faster, has a softer flavour, is more bio-available, easier to consume and is packed with macamides to support specific health conditions.



## INCAN MACA TEA

Ingredients:

3 sticks of cinnamon

5-6 cloves

1-2 tbsp dried apple (or dried summer fruits)

1 tbsp of Seleno Health maca powder or maca nibs

1 litre of boiling water

1-2 cardamom pods or dried orange peel (optional)



Instructions:

In a tea pot or infuser add the cinnamon, cloves, dried apple and cardamom pods.

Add the boiling water and begin infusion. Add the Seleno Health maca powder or maca nibs to the infuser.

Stir vigorously against the infuser to ensure breakdown of all the lumps.

Infuse for 5 minutes allowing the sediment to settle on the bottom.

Pour to serve, decanting off the clear tea.

Note: to avoid clumping of maca powder in hot water you can first add the powder to a small amount of cold water in a separate glass and make a paste before adding to infusion. Or you can use maca nibs that don't lump or sediment in tea.

# VANILLA MACA LATTE

## Ingredients:

1 cup of warm oat milk or soy milk

1 tsp Seleno Health maca powder

$\frac{1}{4}$  tsp of cinnamon powder

A pinch of vanilla or a few drops of vanilla extract

A pinch of clove powder

2-3 drops of cacao butter

## Instructions:

Warm the milk in a saucepan.

Add to a blender with Seleno Health maca powder, cacao butter, vanilla, cinnamon, and clove powder.

Blend on high for 20 seconds.

Serve and sprinkle with maca nibs.

Additional optional extras include  $\frac{1}{4}$  tsp of fresh shredded ginger or ginger powder for a gingerbread latte flavor. And or  $\frac{1}{2}$  - 1 tsp of cacao powder.





## GOLDEN MACA LATTE

### Ingredients:

500ml milk of choice

2 tbsp coconut sugar or sweetener of choice

2 tsp coconut oil

1 tbsp Seleno Health chocolate maca powder

$\frac{1}{4}$  tsp ground turmeric

A pinch of sea salt

### Instructions:

Warm the milk in a small saucepan on high heat.

When hot but not yet boiling, remove from heat and whisk in the remaining ingredients.

Taste and adjust sweetness if desired.







## CHOCOLATE MACA ELIXIR

### Ingredients:

1-2 tsp Seleno Health raw cacao powder  
2 drops of Seleno Health raw cacao butter  
1 tsp Seleno Health maca powder

$\frac{1}{2}$  tsp honey

A pinch of cinnamon powder

300-400 mL of nut milk (almond, oat, coconut)

### Instructions:

Warm the nut milk in a saucepan with cacao powder, cacao butter, maca, cinnamon, and honey.

Add to a blender and blend on high for 20-30 seconds.

Pour and sprinkle with cinnamon powder.

Garnish with maca nibs.

Alternatively, you can use 2-3 tsp of Seleno Health chocolate maca powder instead of separate maca and cacao powders.





## CHOCOLATE MACA SMOOTHIE

### Ingredients:

- 1 large soft organic banana
- 400-500 mL of organic coconut milk
- 1 tsp of natural peanut butter
- 1 tbsp of Seleno Health chocolate maca powder  
(or ½ tbsp of maca powder and ½ tbsp cacao powder)
- 1-2 tbsp of coconut yoghurt



### Instructions:

Add all ingredients to a blender and blend until smooth. Pour and serve in a cup with a sprinkle of cacao nibs, maca nibs, and some banana slices.

### Additional extras:

- 1 tsp hemp seed oil or MCT oil
- 1 tbsp of pumpkin seeds
- 1 tbsp of hemp protein powder

This smoothie is also ideal for smoothie bowls.



## FRUITY MACA FRAPPE



### Ingredients:

- 3-5 cm of fresh ginger root
- 3-4 oranges, juiced
- 1/2 papaya
- 1 peeled gold kiwifruit
- 400ml of coconut water
- 1-2 tsp of maca powder
- Pinch of cinnamon
- 6-8 ice cubes
- Fresh mint

### Instructions:

First peel and slice the ginger root into small pieces. Then cut the oranges into halves and juice them. Combine all the ingredients into a blender and blend until smooth. Garnish with a few mint leaves & enjoy!



## CHOCOLATE MACA MILKSHAKE



### Ingredients:

- 250ml unsweetened almond, rice or coconut milk
- 125ml full fat coconut milk or cream pre-frozen in an ice cube tray
- ½ tbsp vanilla extract or dried vanilla bean
- 2 tbsp chocolate maca powder
- 1 large pitted date or 1 tbsp of manuka honey
- 1 small frozen banana
- 1 tbsp toasted coconut or almond shavings
- 1 tbsp cacao nibs

### Instructions:

Freeze organic full fat coconut milk into ice cubes.

Freeze a small ripe banana.

Add all ingredients to a blender and blend until smooth.

Garnish with coconut, almond shavings and/or cacao nibs.



## CITRUS MACA SMOOTHIE



### Ingredients:

- 5 cm of fresh ginger root
- 2-3 oranges, juiced
- 1-2 cups of frozen pineapple
- 1 cup of coconut milk
- 1-2 tsp of maca powder
- Pinch of cinnamon

### Instructions:

First peel and slice the ginger root into small pieces.

Then cut the oranges into halves and juice them.

Combine all the ingredients into a blender and blend until smooth.

Ensure you slowly sprinkle in the maca powder so that it blends well and doesn't clump.

Top with your favourite toppings!



## MACA BERRY SMOOTHIE



### Ingredients:

- Thumbnail size slice of ginger
- 400-500mL of coconut milk
- 1-2 tsp maca powder
- 1 tsp Viberi blackcurrant powder
- $\frac{1}{4}$  tsp of cinnamon powder
- $\frac{1}{4}$  tsp vanilla extract
- 1 Tbsp coconut yogurt

### Instructions:

First peel and slice the ginger root into small pieces. Combine all the ingredients into a blender and blend until smooth.

Garnish with maca nibs & coconut shavings.



# CHOCOLATE MACA PEANUT BUTTER SMOOTHIE BOWL



## Smoothie ingredients:

1 large frozen banana  
300ml organic coconut milk  
1 tbsp natural peanut butter  
1 tbsp chocolate maca powder  
or 50:50 maca/cacao  
2 tbsp chia seeds  
1-2 tbsp coconut yoghurt

## Toppings:

Granola, 1/2 banana,  
coconut shavings,  
cacao nibs,  
hemp seeds, goji  
berries and maca  
nibs.

## Instructions:

Add all of the smoothie ingredients to a blender and blend until smooth.

Garnish with the toppings. Serve & enjoy!



# MACA RICE PORRIDGE



## Porridge ingredients:

1 cup of cooked organic brown rice or oats

1-2 cups of milk of choice

2 tbsp chia seeds

4 finely chopped brazil nuts

1 tbsp maca powder

1-2 pitted dates

## Toppings:

½ cup coconut cream or yoghurt

1 tbsp organic honey

1 tbsp chocolate maca powder (or cacao powder)

1 banana, ½ cup frozen raspberries, 1 tbsp goji berries

## Instructions:

Gently heat the cooked brown rice or oats in a saucepan with plant-based milk, and mash with a potato masher until creamy.

Add the chia seeds, freshly grated brazil nuts, maca powder, and dates. Mix thoroughly & heat through.

Spoon the thick cream off the top of the coconut cream (or coconut yoghurt) into a separate bowl and whip the honey and chocolate maca powder.

Scoop the cream over the porridge mix and garnish with fruit. Enjoy!





## CHOCOLATE MACA BLISS BALLS

### Ingredients:

1 cup of deseeded dates

$\frac{1}{4}$  cup of Seleno Health chocolate maca powder

1 cup of desiccated coconut

2 tbsp of coconut oil

Optional coconut and/or hemp seeds to roll balls in.

### Instructions:

Place the dates and coconut in a high speed blender until combined.

Add chocolate maca powder and oil.

Blend, remove mixture from the blender and roll into balls.

Roll in coconut & hemp seeds (optional).

Note: If you don't have chocolate maca powder, you can always substitute for  $\frac{1}{2}$  maca powder and  $\frac{1}{2}$  cacao powder.



## MACA KETO BITES



### Ingredients:

- 50 g of Seleno Health cacao butter drops or coconut oil
- 25 g of Seleno Health maca powder
- 1 tsp coconut sugar or maple syrup (optional)
- ½ tsp cinnamon powder (optional)

### Instructions:

Warm the cacao butter or coconut oil in a saucepan until liquid. Stir through the Seleno Health maca powder maintaining a low temperature. Add in coconut sugar or sweetener if wanted. Pour into small molds then chill in the freezer or fridge until hardened. Keep in the fridge and consume when required.

Note: another delicious recipe is to add 2-3 keto bite drops to warm nut milk and blend to create a maca latte.



## CHOCOLATE MACA TRUFFLES

### Ingredients:

- 1 large avocado
- 3 tbsp of date paste (or soaked medjool dates)
- 1/8 cup Seleno Health maca powder
- 1/8 cup Seleno Health raw cacao powder
- 2-3 tbsp of coconut oil
- A pinch of sea salt

### Instructions:

First, soak the medjool dates for 1-2 hours in water before removing the pips.

Warm the coconut oil until runny.

Add all ingredients in a food processor or mixing bowl.

Blend together into a thick paste.

Take small portions and roll them into balls in your hands.

Dip and roll each ball on a flat plate of preferred toppings: cacao powder, chocolate maca powder, hemp seeds, sesame seeds, crushed pistachio nuts etc.

Place in a container and refrigerate until they harden (approx. 30-45 mins).

Store in the fridge or freezer.



## GF CHOCOLATE MACA CAKE

Ingredients:

3 eggs, separated in yolks and whites

Pinch of salt

2 tbsp honey

$\frac{1}{4}$  cup of grapeseed oil or equivalent

2 large mashed old bananas

$\frac{1}{4}$  cup almond flour

2 tbsp Seleno Health chocolate maca powder

Serve with coconut yoghurt or cream

Instructions:

Blend eggs yolks, honey and salt for 1 minute.

Slowly add grapeseed oil and mashed banana and blend for another minute.

Slowly blend in cacao powder and almond flour.

In a separate bowl, whip egg whites to stiff peaks then gently fold content of the blended mix into bowl with egg whites.

Once its at an even consistency, pour the batter into a greased 20cm baking dish and bake at 180 degrees for 25-30 minutes.

Serve with coconut yoghurt, or coconut cream whipped with honey.



## MACA PANCAKES



### Ingredients:

1 ripe banana

½ cup of milk of choice

1 cup of spelt or buckwheat flour

1 tsp baking soda

½ tsp baking powder

¼ tsp vanilla extract or dried  
vanilla bean

1 free range egg

1 tbsp of maca powder

½ cup blueberries

Handful of walnuts

Maple syrup and coconut yoghurt

### Instructions:

Combine banana, vanilla, and milk into a high-speed blender until smooth.

In a separate mixing bowl whisk together flour, baking powder, baking soda, and maca powder.

Pour the wet mix into the dry ingredients then whisk through with the egg until just combined.

Using ¼ cup scoop, form pancakes onto prepared (buttered, sprayed) pan over low heat.

Turn over after about 1-2 minutes. Flip and cook another 1 minute or so, until cooked through.

Serve with blueberries, walnuts, and optional coconut cream and maple syrup.



## CHOCOLATE MACA ZUCCHINI BREAD

### Ingredients:

1<sup>1</sup>/<sub>4</sub> cups of blanched almond flour

<sup>1</sup>/<sub>4</sub> cup Seleno Health chocolate maca

Pinch of salt

<sup>1</sup>/<sub>2</sub> tsp of baking soda

2 large free range eggs

2 tbsp coconut oil

<sup>1</sup>/<sub>4</sub> cup honey

<sup>1</sup>/<sub>4</sub> tsp of fresh dried vanilla

<sup>3</sup>/<sub>4</sub>-1 cup of grated zucchini



### Instructions:

In a blender combine the almond flour and cacao powder. Firstly pulse in salt and baking soda.

Then slowly pulse in eggs, coconut oil, honey, and vanilla bean.

Pulse in the grated zucchini before transferring the batter to a greased 16 x 10 cm medium loaf pan, dusted with almond flour.

Bake at 180 degrees for 35-45 minutes then allow to cool.



## PERUVIAN MOUNTAIN STEW

### Ingredients:

2 red onions and 4 cloves of garlic finely chopped	400g of cremini mushrooms
4 tbsp of tomato paste	$\frac{3}{4}$ cup dry white wine
2 tbsp of red wine vinegar	1 bay leaf and 1 sprig of thyme
1.5kg of free range chicken legs and thighs	1 tbsp maca powder
1 tbsp paprika, 1 tbsp oregano	1 tbsp corn flour
4 vine ripened tomatoes, chopped	sea salt & pepper to taste



### Instructions:

Combine 2 cloves of chopped garlic and one onion with 2 tbsp of olive oil, tomato paste, and red wine vinegar in a large bowl. Rub the mix into the chicken pieces and leave to marinate overnight.

Fry 1 onion and 2 cloves of garlic with 1 tbsp of olive oil, paprika, and oregano.

Add the marinated chicken and sear until brown. then add the chopped tomatoes, mushrooms, white wine, bay leaf and simmer for 45-60 minutes.

Finally, mix the maca and corn flour powder together thoroughly in  $\frac{1}{4}$  cup of water until thick.

Add to the stew to thicken, and season with salt, pepper and thyme to taste.

Serve with brown rice or dark rye bread (optional).



## PUMPKIN LENTIL MACA SOUP

### Ingredients:

1 red onion and 2 cloves of garlic,  
finely chopped

2 cups of fresh or dried lentils  
soaked overnight

6-7 cups of freshly boiled water

1 cup of full fat coconut milk

$\frac{1}{4}$  -  $\frac{1}{3}$  of a small pumpkin (500-  
700g)

2 tbsp of maca powder

$\frac{1}{2}$  tbsp finely grated ginger

1 tsp of curry powder and 1 tsp  
of turmeric

2 tbsp of chopped basil

2 tbsp of chopped sage

1 head of kale, chopped

sea salt and pepper



### Instructions:

Fry off the onion, garlic, ginger, curry powder and turmeric in some extra virgin olive oil until it starts browning.

Then add in the freshly boiled water and bring to simmer.

Add the maca powder, lentils, pumpkin, basil, sage, and coconut milk.

Simmer on low heat for 30-60 minutes, allowing the flavours and nutrients to fully infuse.

Add salt and pepper to season.

Just before serving add in the freshly chopped kale head and heat through for 3-5 minutes until wilted.

Serve and garnish with fresh basil and sprouts.

Serve with dark rye bread (optional).





## MACA HUMMUS



### Ingredients:

- 1 can of chickpeas, drained and rinsed
- ¼ tbsp ground tahini
- ¼ cup water
- 1 garlic clove
- Juice of 1-2 lemons (to taste)
- 1 tbsp of maca
- 1 tsp of cumin powder
- 1 tbsp of roasted pine nuts
- 1/2 tsp sea salt

### Instructions:

Place all ingredients in food processor and blend until desired consistency. Taste for flavour and add more garlic, lemon, salt or cumin to your liking.

Depending on the size of your lemons or how many you used, you may like to add the extra 2 tablespoons of water for a slightly thinner consistency.

Serve plain or garnish with pine nuts, chopped parsley and a pinch of smoked paprika.



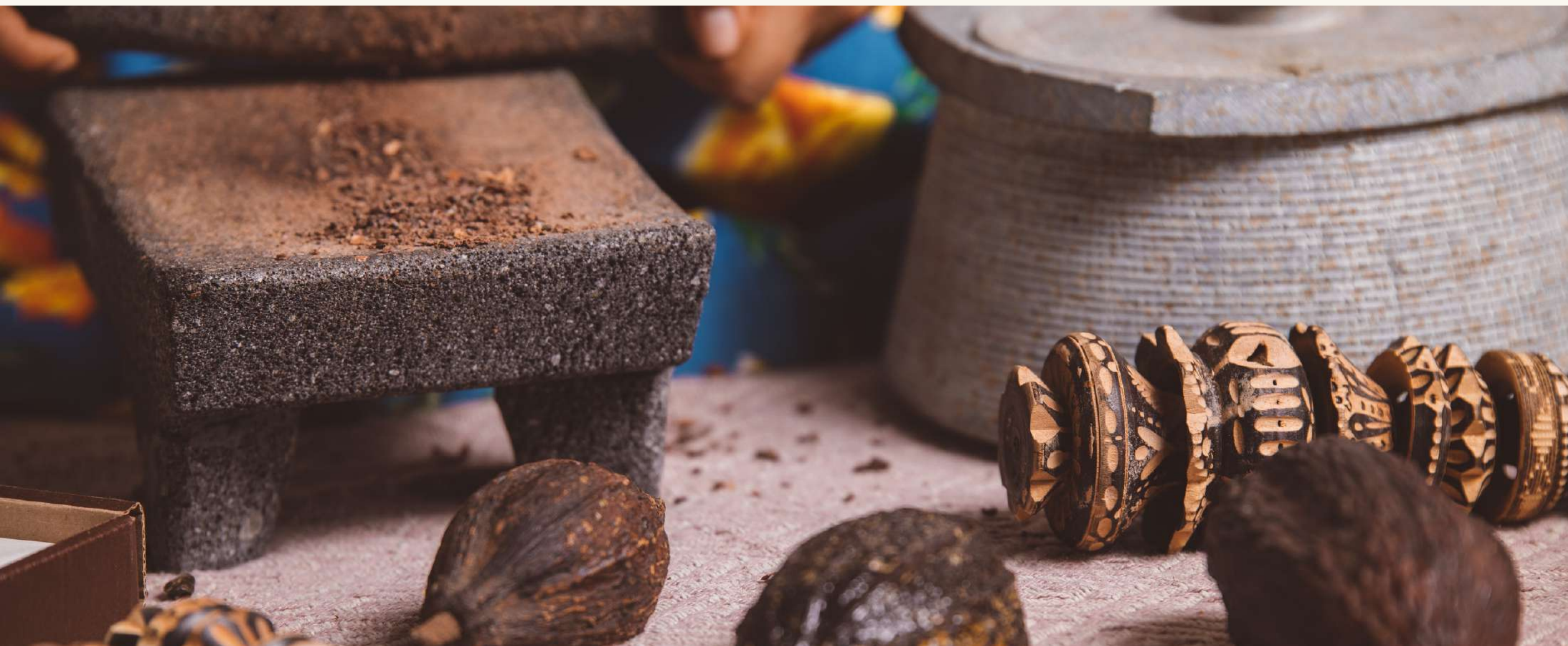
# Cacao

Recipes



# What is cacao?

CACAO (THEOBROMA CACAO) IS AN EVERGREEN TREE WHOSE FULLY FERMENTED SEEDS, KNOWN AS “CACAO BEANS,” ARE THE MAIN INGREDIENT IN CACAO NIBS, CACAO PASTE, CACAO BUTTER, AS WELL AS THE VERY POPULAR CONFECTION, CHOCOLATE.



Cacao beans are grown inside pods that can take on a variety of colours and are surrounded by a white fruit. The cacao plant and cacao beans have a long history of use by the indigenous cultures of Latin America where they have been cultivated for thousands of years. Cacao trees originated in the Amazon basin of South America and were spread throughout Central America by various Mesoamerican civilisations, including the Olmecs, Mayans and the Aztecs. Cacao beans were regarded as a sacred and valuable commodity and used for trades and tribute to Aztecs kings. They were typically made into a drink to be consumed by nobility or as part of shamanic or religious cacao ceremonies.

Cacao contains many bioactive components and essential minerals that interact with our natural biochemical pathways to provide many health benefits. Scientific studies have shown that these compounds assist with cardiovascular health, mental health, immune health, bone health, metabolic health, skin health, and more. Together, these compounds work to elevate mood, enhance cognitive function, support the immune and cardiovascular systems, boost metabolic function, and improve nutritional health.



# Different types of cacao products

OUR RESCUE CACAO PRODUCTS ARE PRODUCED FARM TO TABLE, CULTIVATED SURROUNDED BY NATIVE JUNGLE THE WAY IT HAS BEEN DONE FOR THOUSANDS OF YEARS. HAND-PICKED, BLESSED IN CEREMONY WITH REVERENCE AND SUPPORTED WITH ANCESTRAL KNOWLEDGE, EDUCATION AND ANCIENT TOOLS FOR YOU TO BETTER CONNECT.



Cacao beans must undergo several processes after harvesting before they are ready to be made into different products. After harvesting, the cacao beans are allowed to undergo a fermentation process. This process is necessary for the development of the colour and flavour of the cacao, as well as the bioactive compounds, including flavonoids and antioxidants. The cacao beans are then allowed to dry out thoroughly. Once the cacao beans have finished fermenting and drying, they are ready to be made into many products, such as cacao nibs, cacao paste, cacao butter and cacao powder.



**Cacao paste block (or drops)** are prepared from only 100% whole cacao beans that have been naturally sun-dried, hand-peeled and milled to form the paste. It is cacao in its purest form beautifully blended in its own full-fat to produce a creamy 100% pure block. Cacao paste is best consumed by mixing with hot water to create a rich, therapeutic elixir. This elixir can be frothed using a traditional Molinillo whisk as part of a sacred cacao ceremony.



It is made from premium hand-selected single-origin Criollo cacao beans - Criollo cacao is rare, premium cacao famous for its incredibly aromatic flavour as well as containing the highest levels of medicinal components. It is 100% organic shade-grown under a natural agroforestry canopy, supporting biodiversity in the jungle, and it is blessed by the indigenous owners of the land and produced with respect to their traditional customs.



**Cacao powder** is obtained from milling whole cacao beans and pressing them to remove the fat content. The resulting cacao mass can then be ground into a fine powder. This powder is very versatile for hot drinks, smoothies & baking. Made from raw cacao beans, cacao powder contains plenty of antioxidants, flavonoids, and minerals with a variety of health benefits and possesses a rich, aromatic flavour.



**Cacao butter** is the combined butter made from all of the fat-based components in whole cacao beans. This is made by pressing the milled cacao beans to separate the cacao butter from the non-fat cacao mass or solid. Cacao butter is for making chocolate, baking, and homemade lotions. Made from raw cacao beans, cacao butter is packed with plenty of antioxidants and healthy natural fats.



**Cacao nibs** are made from fermented and dried cacao beans, which are de-hulled then broken into smaller pieces. As they contain the whole cacao bean, they are packed with plenty of antioxidants and possess the full flavour the cacao has to offer. These are best used as a topping or addition to your everyday meals.



## CEREMONIAL CACAO ELIXIR

### Ingredients:

6-8 Seleno Health ceremonial cacao paste drops or 30g shaved ceremonial cacao block  
1-2 tsp raw coconut sugar  
A pinch of cinnamon powder  
A pinch of vanilla or a few drops of vanilla extract  
300-400 mL water

### Instructions:

Warm the plant based milk in a saucepan, then add the warm milk to a blender containing all the other ingredients. Blend on high for 20-30 seconds.

Ensure the blender either has pressure release or can be screwed on tightly. Careful when opening.

Pour and sprinkle with cacao nibs and or maca nibs.

Alternatively, you can use a traditional Molinillo whisk to emulsify the ingredients, as you infuse your intentions.





## DECADENT CEREMONIAL CACAO ELIXIR

### Ingredients:

6-8 Seleno Health ceremonial cacao paste drops or 30g shaved ceremonial cacao block

1-2 tsp raw coconut sugar

A pinch of cinnamon powder

A pinch of vanilla or a few drops of vanilla extract

300-400 mL of warm plant based milk (oat, soy or coconut)

### Instructions:

Warm the plant based milk in a saucepan, then add the warm milk to a blender containing all the other ingredients. Blend on high for 20-30 seconds.

Ensure the blender either has pressure release or can be screwed on tightly. Careful when opening.

Pour and sprinkle with cacao nibs and or maca nibs.

Alternatively, you can use a traditional Molinillo whisk to emulsify the ingredients, as you infuse your intentions.





## CACAO CORN GORDITAS



### Ingredients:

- 1 cup of roasted or raw Seleno Health cacao nibs
- 1.5 cups of hot water
- 1 cup of corn (masa harina) or oats
- 1-2 tsp coconut sugar
- 1 pinch cinnamon powder

### Instructions:

For more flavor pre-roast the cacao nibs in a frypan until slightly crispy.

Grind the cacao nibs in hot water in a food processor or blender.

Blend with corn powder or oats, sugar and cinnamon.

Mold into disc shapes.

Cook the gordita discs in a frypan until they brown on top (like a pancake).





## CACAO BROWNIE BITES

### Ingredients:

- 2 medium bananas ripe (yellow with brown spots)
- 1 medium avocado
- 2 tbsp coconut oil
- 1/2 tsp pure vanilla extract
- 1/4 cup Seleno Health cacao powder
- 1 cup quick or old-fashioned oats
- 1/4 cup Seleno Health cacao nibs
- 1/4 cup chia seeds
- 8 Medjool dates pitted & chopped
- Cacao powder and coconut flakes for coating (optional)

### Instructions:

In a medium bowl, add bananas, avocado, coconut oil and vanilla; mash with a masher until smooth.

Add remaining ingredients and mix until well combined.

Scoop about 1 tbsp of dough and roll into a golf size ball in your hands.

If desired, spread coatings on plates and roll bites in them.

Place in storage container and repeat this step until run out of dough.

Enjoy chilled or thawed from a freezer.



## CACAO PEANUT BUTTER CUPS

### Ingredients:

- 2/3 cup Seleno Health cacao butter
- 4 tbsp Seleno Health cacao powder
- 3 tbsp rice malt syrup or maple syrup
- 1/2 tsp coarse sea salt
- 1/4 cup smooth natural peanut butter



### Instructions:

Line some mini muffin tins with mini muffin liners.

Over a double boiler, melt cacao butter.

Remove from the stovetop and add 2 tbsp rice malt syrup and cacao powder. Mix well so there are no lumps.

Spoon chocolate into each muffin liner until it is just under half full. Place in the freezer for 10 mins.

In a separate bowl, mix together the remaining 1 tbsp of rice malt syrup and 1/4 cup peanut butter.

Remove cups from freezer and scoop 1/2 tsp of peanut butter mixture into each cup.

Cover peanut butter with another tablespoon of chocolate and then sprinkle with a grind of sea salt (optional).

Return to the freezer for 20 mins, or until hard to the touch.



## CACAO BLACK BEAN BROWNIES

### Ingredients:

400 g canned black beans, drained  
and rinsed

3 eggs

3 tbsp coconut oil

1/3 cup Seleno Health cacao powder

1/4 tsp salt

3 tsp vanilla powder

1 tsp baking powder

3/4 cup coconut sugar

### Instructions:

Preheat oven to 160 C.

Grease a small square baking dish with coconut oil.

Place all the ingredients in a blender and process at a high speed until smooth.

Pour the mixture into the prepared baking dish.

Place in oven and bake for 25-30 minutes.

Check after 25 minutes by sliding a knife into the brownie.

If it comes away clean, the brownies are ready.

# Thank you for your support!

Enjoy.



**SELENO HEALTH**

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