

SUPER FERTILITY SMOOTHIE



Prep Time
5 Minutes

Cook Time
N/A

Yield
2 Servings

This delicious smoothie is high in antioxidants, vitamins, good fats and protein and is the perfect start to the day for couples trying to conceive. The Maca powder is great for balancing hormones essential for increasing your fertility chances.

Enjoy at breakfast with your partner and share happy hopes for your future.

Ingredients:

- 500 ml organic coconut milk
- 1 x cup of frozen berries
- 1 x half of a large banana
- 2 x scoops of a high quality rice protein powder
- 3 x dessert spoons of hemp oil or flax seed oil
- 2 x dessert spoons of Maca powder
- 1 x dessert spoons of cacao powder

Method:

1. Starting with the coconut milk, place all your ingredients into a blender and blend until smooth.
2. Pour into a large glass decorate with chia seeds, cacao nibs and a sprig of mint.

Enjoy!

By Sarah Gordon – www.TheFertilityNutritionist.com.au

Please feel free to share with your family, friends and colleagues.