

Maca: an Ancient Superfood



Maca *Lepidium peruvianum*

1. Maca is a plant grown in the Andean mountains of South America and resembles a radish.
2. Current and ancient cultures use the root for physical endurance, fertility, hormone balance, increased libido, and to support adrenals when under high stress.
3. Rich in calcium, magnesium, iron, sodium, silica, copper, and zinc.
4. The root contains alkaloids that are believed to have healing benefits for the endocrine and reproductive systems.
5. Maca can be consumed in powder and pill form. It's suggested not to eat it raw.
6. You can add it to water and shake well or in smoothies.
7. Common amounts consumed: 1-2.5gm in powder or pill form. Start with 1/4tsp-1tsp 1x/day.
8. There's no known benefit beyond 10gm.
9. Choose products originating from Peru; Peruvian maca has received the most research.
10. Do not take if you are pregnant, have cancer, or serious disease. Consult a doctor if you're on medications.



Actual Maca root





Power charged shake

1 scoop unsweetened whey protein powder

1 Tbs cacao powder

1/4c berries

1-2 tps Maca power

1/2c Water or milk of choice (more or less depending on desired thickness)

1/2c Ice

Honey, agave, or sweetener of choice to taste

Place everything into a blender and blend until desired consistency is achieved.

Endurance Truffle bars

1 Cup Cacao powder

2 Tbs Maca powder

1 Cup raw cashews, ground (place in a dry blender, blend until finely ground)

½ cup Virgin coconut oil

1/4c raw agave, honey, or maple syrup

½ tsp sea salt

1 tsp cinnamon, Ginger, or Cardamom



Directions

1. In a small saucepan warm the coconut oil just until it turns to liquid.
2. In a medium bowl, combine all the remaining ingredients and then whisk in liquid coconut and thoroughly blend.
3. Pour the chocolate mixture on to a non-stick or greased cookie sheet with a rim. A loaf pan lined with wax paper will work as well.
4. Place in the freezer for an hour or until solid.
- 5 Remove from tray and cut into squares and store in the freezer in an airtight contain. Can last for up to month.

By Judy Chamber, www.dynamicbynature.com