

Maca Fruit Bowl

Maca was used for thousands of years by the ancient Inca tribes of Peru, who believed it boosted energy, libido and fertility. Maca is rich in zinc, which contributes to normal fertility and reproduction.

- 3 tbsp Greek yoghurt
- 1 tbsp Greens Organic
Chia Seeds
- 1 tsp Greens Organic
Maca
- 1 tsp honey

Lightly blend ingredients
& leave to stand 5 mins to
soften chia seeds.



Add favourite chopped
fruit and enjoy!