



MAY 2016 RECIPES

These recipes show ways of using our new superfood products. The distinctive bitter taste of cacao powder and cacao nibs and the slightly sweet, malty taste of maca powder are great additions to smoothies, desserts, cereal or porridge. The recipes are all high in energy and fibre. The porridge recipes are perfect for a cold morning.

Cacao & Maca Smoothie (makes 750ml)

Ingredients:

500ml water
½ cup HCW Pitted Dates
1 banana
2 tbsp HCW Maca Powder (new)
2 tbsp HCW Cacao Powder, Organic (new)
½ tsp HCW Vanilla Extract

- Blend all ingredients together well.

Blissful Oats (serves 3)

Ingredients:

1 cup HCW Rolled Oats
2 tbsp HCW Chia Seeds
2 tbsp honey / HCW Agave Syrup
1 tbsp HCW Maca Powder (new)
1 tbsp HCW Cacao Powder, Organic (new)
1 ½ cups milk or milk alternative
2 tbsp HCW Cacao Nibs, Organic (optional)

1. Combine the oats with the chia seeds. Add 2 cups water, bring to the boil and simmer for 10 minutes.
2. Stir in the maca and cacao powders.
3. Add milk or a milk alternative, the honey or agave syrup and the cacao nibs.

Breakfast Quinoa (serves 3)

Ingredients:

1/2 cup HCW Quinoa
1 banana
1 tbsp honey / HCW Agave Syrup
1 cup milk or milk alternative
1 tbsp HCW Cacao Nibs, Organic (new)
Handful of blueberries (optional)

1. Add 1 cup of water to the quinoa, bring to the boil and simmer for approximately 15 minutes.
2. Chop the banana into the cooked quinoa, add the milk and honey and top with the cacao nibs and blueberries.

Maca Fruit Dessert (serves 1)

Ingredients:

4 tbsp plain yoghurt
1 tbsp HCW Chia Seeds
1 tsp HCW Maca Powder (new)
1 tsp honey / HCW Agave Syrup

Topping: chopped fresh fruit

1. Mix ingredients and leave to stand for 5 minutes to soften the chia seeds.
2. Add your favourite chopped fruit.