

Maca: The Andean Adaptogen

17 Low-Carb, Ketogenic, and Paleo Recipes



By Jessica and Tristan Haggard



primal edge health

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Thank you to everyone who supports our work and purchases our *limited time* offer of a high-quality raw organic maca powder.

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All About Maca

For years before we began this Primal Edge Health project, we were intimately connected to ethno botanicals, especially maca root. When we ventured to the mountains of Ecuador in 2010 we intended to seek out, source, and export the highest quality maca – it took a couple years but in 2012 we connected with a like-minded friend who's been sourcing, exporting, and bringing to market novel and potent ethno botanicals and medicinal herbs. Together we sought out, high in the Junin Plateau of Peru, small family farms that have been cultivating this incredible adaptogen for generations. This plant holds a special place in our hearts and we are grateful to be able to share it with you.



Maca: the Andean Adaptogen

Maca is a powerful adaptogen used for millennia as a medicinal food in the Andes of South America, allowing the indigenous Andean people to thrive where altitude and extreme weather render it extremely difficult for most animals and even plants to survive. The first evidence of maca cultivation and consumption dates back to about 3,800 B.C. In the high Andes of Peru, this food was so esteemed as a source of vitality, energy, stamina, and fertility that it was used as currency.

The Historical Legacy of Maca

There are many written accounts from the Spanish about maca chronicled during the conquest of Latin America. Juan Tello de Sotoy Mayor reported being given maca as tribute by the native Peruvians, he was shocked at the potency of this plant and its ability to bring fertility to his livestock in the high Andes where the harsh environment rendered them sterile before they were administered maca.

Maca became highly esteemed among the conquistadors who utilized it to boost stamina and energy for battles after observing the Inca warriors feasting on solely maca prior to battle. The Spanish found it necessary to ban the use of maca outside of battle because it heightened libido too much.

What is an “adaptogen”?

Adaptogens are compounds and herbs which, when administered, promote homeostasis and stabilization within an organism. Adaptogens help organisms adapt to and mitigate environmental stress. Whether the stress is physical or mental, adaptogens are safe and non-toxic methods to assist the organism in dealing with stress by imparting stamina, strength, energy, and vitality.

How is maca cultivated?

Maca is a small tuber that only grows at high elevation, above 12,000 feet in the jagged Andes Mountains, where even grass cannot survive. Our maca root is cultivated on small family farms in the Peruvian Andes where pristine mountain air, ancient organic volcanic soil, and immaculate spring water provide the conditions for this plant to thrive. Efforts have been made to cultivate this highly esteemed root in other regions, but the potency, size, and medicinal qualities are greatly diminished when maca is removed from its native environment. Our maca is cultivated in the remote Junin Plateau. Since Pre-Inca times the Junin Plateau, perched high in the Andes at 12,000-14,000 foot elevation, has been an important center for cultivation of this incredible adaptogen.

What is unique about Primal Edge Health's Premium Organic Raw Maca Powder?

Our maca comes straight from the source, living in Ecuador and traveling in Peru allow us to bring you 100% PURE ORGANIC MACA POWDER with no filler, no additives, no preservatives, and no middlemen. We source directly from small family farms where fresh mountain spring water feeds this heirloom Andean adaptogen year round. No pesticides, chemical fertilizers, herbicides, fungicides, or any synthetic chemicals have ever been used on the ancient volcanic Andean soil that yields these incredible tiny tubers.

Much of the maca on the market is harvested prematurely from what we consider “reject material” which is then heavily diluted with maltodextrin, tapioca dextrin, and even barley powder in many cases. This brings certain exporters more profit and virtually no wholesale buyers in the US or EU test their material to see if it is pure maca – this creates a market rife with lower grade material.

Living in South America, we see how the industry works and have a unique position that allows us to source and bring to market the REAL DEAL MACA. Our product is hand selected from mature plants, carefully air dried at low temperature, ground to a fine powder, and finally packaged and shipped. Working closely with small family farms and handling the export process ourselves allows us to provide the highest quality pure maca at a price unrivaled by any other provider. There is only one other maca retailer that we know of providing a similar caliber product. We are honored to provide such a powerful pure product at a price no other retailer can beat. The purity, integrity, therapeutic potency, and price of our maca is unbeatable.

Our Premium Organic Raw Maca contains a mix of all 3 maca varieties. A standard bag of maca normally provides only the cream colored maca roots. We choose to include the more esteemed red and black selections to maximize potency. The final ratio of our product is about 40% cream colored maca, 30% red colored maca, and 30% black colored maca. This blend allows us to provide the therapeutic benefits of all three varieties in a single dose.



Use and Dosage

Maca is a whole food source of nutrition loaded with potent, safe medicinal compounds. The Andean people feed maca to men, women, and children of all ages. The dose varies depending on intention, age, weight, and preference. For most users, dosage of our maca ranges from 1 tsp (3 grams) to 3 tsp (9 grams). Some enjoy higher doses, some require less. The purity and potency of our maca is unparalleled - a little goes a long way.

Who is maca recommended for?

Maca is a whole food source of nutrients and medicinal compounds recommended to men, women, children and athletes of all kinds.

- Men and women seeking increased physical performance
- Men and women seeking to increase fertility
- Men and women with adrenal fatigue and/or high-levels of stress
- Men and women seeking thyroid support
- Men in need of prostate support
- Women in pre-menopause or menopause
- Performance athletes looking to boost strength, stamina, and endurance
- Athletes and anyone seeking quick recovery from exercise and reduced stress during rest

What is maca traditionally used for?

- Increased energy
- Improving physical endurance
- Supporting the endocrine system
- Regulating sexual functions and fertility
- Improving libido and performance
- Easing menopausal and andropausal symptoms
- Adrenal balancing
- Supporting the central nervous system
- Boosting mood and reducing anxiety and depression
- Prostate health
- Protecting bone density
- Skin anti-aging effects

How is maca used?

- *by the spoonful*, toss it back and chase with water
- *mixed into coffee, smoothies, drinks or teas*
- *as a flour replacement* for a portion of the flour in a recipe (pancakes, breads, cookies)
- *as a life-enhancing ingredient* in any of the recipes included in this book

What is the recommended dose of our Premium Organic Raw Maca Powder?

Maca is an ancient heritage food, a South American tuber, similar to a turnip or radish. This adaptogenic root is loaded with iodine, calcium, sulfur, phosphorous, selenium, manganese, potassium, zinc, bismuth, as well as vitamins B1, B2, C, E, immune enhancing plant sterols, amino acids, and unique compounds not found anywhere else in the world called "macamides". The amazing phytonutrient content of this food and the therapeutic uses make it a truly remarkable addition to any natural medicine cabinet.

One cannot "overdose" on maca. Maca is a food, not a drug - though it's powerful effects make 1-3 teaspoons an effective dose, the Andean people from whom we source this maca use it as a daily staple food. We advise starting with a small dose of 1 tsp in the morning and increasing incrementally to 3 tsp and even more over time. Body weight can influence the amount of maca needed for noticeable effects. Larger people need more, smaller people need less. Start smaller and experiment with dosage to find your optimal intake of maca.

We recommend a daily dose of 3 to 9 grams (1 to 3 teaspoons) of our Premium Raw Maca Powder.

Feel free to adjust the quantity as desired. You can choose to experience higher therapeutic doses that you can FEEL or a daily dose for general health and endocrine balance. Everyone is different, depending on your individual needs and reasons for consuming maca, dose will vary.

Our maca powder is a 100% organic, dry, ground, whole food product of premium quality. The integrity behind this product makes it quite potent and requires a smaller dose than other brands in order for a person to notice the affects.

How often should I take Maca?

Maca is safe for daily consumption. Most individuals enjoy maca 1-3 times daily.

As with all adaptogens and herbs it is beneficial to cycle maca - taking a week off every month may be useful to sensitize the body to this powerful adaptogen and get the most out of its therapeutic compounds.

When is the best time to take Maca?

As it is a whole food, maca can be taken with or without food.

Maca can be consumed in the morning to replace a caffeinated beverage, as an addition to coffee or tea, during an energy slump at any point of the day, or any time you want to feel like an Incan warrior.

Maca also serves as an amazing pre-workout supplement, it provides sustained energy without a stimulant feeling, improves energy and oxygen flow throughout the body, and helps recovery during and after intense exertion.

Maca can be taken post-workout to encourage rapid recovery, muscle growth and improve bone density. The nervous and endocrine systems are both nourished and assisted by maca root.



Scientific Studies

Research at the University of Lima in Peru has shown that maca increases oxygen levels in blood, increases bone density, supports adrenal function, improves libido, alleviates symptoms of menopause in women, increases seminal volume and sperm motility in men, and decreases anxiety in animal studies. Users of maca report that it greatly improves mood, stamina, energy, vitality, sex drive, strength, digestion, and mental clarity. This powerful adaptogen is finally getting the recognition it deserves.

General Research of Maca

Ethnobiology and Ethnopharmacology of *Lepidium meyenii* (Maca), a Plant from the Peruvian Highlands. *Gonzales GF. Department of Biological and Physiological Sciences, Faculty of Sciences and Philosophy and High Altitude Research Institute, Universidad Peruana Cayetano Heredia, Honorio Delgado 430, Lima 31, Peru.*

Conclusion: Experimental scientific evidence showed that maca has nutritional, energizer, and fertility-enhancer properties, and it acts on sexual dysfunctions, osteoporosis, benign prostatic hyperplasia, memory and learning, and protects skin against ultraviolet radiation. Clinical trials showed efficacy of maca on sexual dysfunctions as well as increasing sperm count and motility. Maca is a plant with great potential as an adaptogen and appears to be promising as a nutraceutical in the prevention of several diseases.

***Lepidium meyenii* (Maca): a plant from the highlands of Peru—from tradition to science.** *Gonzales GF, Gonzales C, Gonzales-Castañeda C. Instituto de Investigaciones de la Altura, and Faculty of Sciences and Philosophy, Universidad Peruana Cayetano Heredia, Lima, Peru*

Conclusion: Evidence from experimental studies indicates effects of maca on nutrition, fertility, memory, and mood. Randomized clinical trials have shown that maca has favorable effects on energy and mood, may decrease anxiety and improve sexual desire.

Maca and Brain Function

Neuroprotective effects of *Lepidium meyenii* (Maca). *Pino-Figueroa A, Nguyen D, Maher TJ. Department of Pharmaceutical Sciences, Massachusetts College of Pharmacy and Health Sciences, Boston, Massachusetts 02115, USA.*

Conclusion: The neuroprotective activity of the plant *Lepidium meyenii* (Maca) was studied in two experimental models: in vitro and in vivo. Crayfish neurons were pretreated with vehicle or the pentane extract from Maca, subjected to H₂O₂, and their viability determined microscopically and chemically. A significant concentration neuroprotective effect relationship was demonstrated.

Maca, Fertility, and Sexual Function

[Effect of maca supplementation on bovine sperm quantity and quality followed over two spermatogenic cycles.](#) *Clément C, Kneubühler J, Urwyler A, Witschi U, Kreuzer M. ETH Zurich, Institute of Plant, Animal and Agroecosystem Sciences, Zurich, Switzerland.*

Conclusion: Supplementing maca in the first 10 wk period increased the number of sperms in the second 10 wk period, i.e., when the animals no longer received maca. The DNA fragmentation index and the visually assessed motility of the sperms of bulls, that initially showed a borderline sperm quality, were significantly improved with early maca supplementation.

[A double-blind, randomized, pilot dose-finding study of maca root \(*L. meyenii*\) for the management of SSRI-induced sexual dysfunction.](#) *Dording CM, Fisher L, Papakostas G, Farabaugh A, Sonawalla S, Fava M, Mischoulon D. Depression Clinical and Research Program, Department of Psychiatry, Massachusetts General Hospital, Boston, MA 02114, USA.*

Conclusion: Maca root may alleviate SSRI-induced sexual dysfunction, and there may be a dose-related effect. Maca may also have a beneficial effect on libido.

[Lepidium meyenii \(Maca\) increases litter size in normal adult female mice.](#) *Ruiz-Luna AC, Salazar S, Aspajo NJ, Rubio J, Gasco M, Gonzales GF. Department of Biological and Physiological Sciences, Faculty of Sciences and Philosophy, Universidad Peruana Cayetano Heredia, Lima, Peru.*

Conclusion: Administration of aqueous extract of Yellow Maca to adult female mice increases the litter size. Moreover, this treatment increases the uterine weight in ovariectomized animals. Our study confirms for the first time some of the traditional uses of Maca to enhance female fertility.

Maca and Prostate

Effect of red maca (*Lepidium meyenii*) on prostate zinc levels in rats with testosterone-induced prostatic hyperplasia. *Gonzales C, Leiva-Revilla J, Rubio J, Gasco M, Gonzales GF. Department of Biological and Physiological Sciences, Faculty of Sciences and Philosophy and Instituto de Investigaciones de la Altura, Universidad Peruana Cayetano Heredia, Lima, Peru.*

Conclusion: In conclusion, RM administered from day 1 to day 14 reduced prostate size and zinc levels in rats where prostatic hyperplasia was induced with TE.

Maca and Menopause

Beneficial effects of *Lepidium meyenii* (Maca) on psychological symptoms and measures of sexual dysfunction in postmenopausal women are not related to estrogen or androgen content. *Brooks NA, Wilcox G, Walker KZ, Ashton JF, Cox MB, Stojanovska L. School of Biomedical and Health Sciences, Victoria University, St. Albans, Victoria, Australia.*

Conclusion: Preliminary findings show that *Lepidium meyenii* (Maca) (3.5 g/d) reduces psychological symptoms, including anxiety and depression, and lowers measures of sexual dysfunction in postmenopausal women independent of estrogenic and androgenic activity.

Effect of ethanol extract of *Lepidium meyenii* Walp. on osteoporosis in ovariectomized rat. *Zhang Y, Yu L, Ao M, Jin W. School of Life Science & Technology, Huazhong University of Science & Technology, 430074 Wuhan, PR China.*

“The purpose of this study was to evaluate the effect of ethanol extract of Maca on postmenopausal osteoporosis in ovariectomized rats...The findings derived from the basis of bone mineral density, biomechanical, biochemical and histopathological parameters indicated that higher dose of ethanol extract of Maca was effective in the prevention of estrogen deficient bone loss.”

[Maca \(*Lepidium meyenii*\) for treatment of menopausal symptoms: A systematic review.](#)

Lee MS, Shin BC, Yang EJ, Lim HJ, Ernst E. Division of Standard Research, Korea Institute of Oriental Medicine, Daejeon, South Korea.

Conclusion: We searched 17 databases from their inception up to June 2011 and included all randomized clinical trials (RCTs) that compared any type of maca-based intervention to a placebo for the treatment of menopausal symptoms. All studies were assessed for methodological quality using the Cochrane ‘risk of bias’ assessment tool. Four RCTs met all inclusion criteria. These RCTs tested the effects of maca on menopausal symptoms in healthy perimenopausal, early postmenopausal, and late post-menopausal women. Using the Kupperman Menopausal Index and the Greene Climacteric Score, all RCTs demonstrated favorable effects of maca.

Maca and Bone Health

[Influence of *Lepidium meyenii* walp on lipid and bone mass in ovariectomized rats.](#)

Wang Z, Yang J, Wang G, Bian L. Institute for Nutrition and Food Safety, Chinese Center for Disease Control and Prevention, Beijing 100050, China.

Conclusion: “Dietary supplementation with Maca may have potential effects on prevention of postmenopausal lipid abnormality and bone metabolism via a different mechanism from estrogen.”

Maca and Skin Health

[Hypocotyls of *Lepidium meyenii* \(maca\), a plant of the Peruvian highlands, prevent ultraviolet A-, B-, and C-induced skin damage in rats.](#) *Gonzales-Castañeda C, Gonzales GF. Department of Biological and Physiological Sciences, Faculty of Sciences and Philosophy, Universidad Peruana Cayetano Heredia, Lima, Peru.*

Conclusion: Maca extracts protect the skin of rats against UV irradiations and can be suggested as an alternative means of solar protection.

Research clearly reinforces what the Andean people have known for thousands of years, Maca is a powerful adaptogen that benefits users in a variety of ways. More clinical trials concerning maca can be found in the [PubMed database](#). Maca remains a prized Peruvian heirloom crop and is one of Peru's top emerging exports for good reason. This true superfood of the Andes has stood the test of time as a powerful tool to help the body adapt to stressful environments, regulate hormones, increase fertility and sexual function, and promote healthy physical and mental performance. This root works with the body's natural rhythms, giving strength to physical systems so we can stand strong among the stressors of our modern world.



*Maca Chocolate placed in molds
(see page 36)*



Recipes

The possibilities are endless, your imagination the only limitation - we've compiled a handful of low-carb, keto, paleo friendly recipes, some of our favorite ways to enjoy maca root. Some of the recipes are quick and easy, others suited for special occasions and gourmet kitchen artisans. All recipes are delicious, developed and tested in our little Andean kitchen. These also give a taste of our Primal Edge Health Cookbook, soon to be released!

If you are wondering where you can buy certain ingredients, please refer to [this complete list](#).



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Fatty Maca Tea

Yerba mate, guayusa, green tea or a non-caffeine option like red rooibos, tulsii or nettle are all perfect teas for this energizing elixir. Cayenne pepper not only adds an amazing spicy kick but also stimulating the digestive, lymphatic and circulatory systems.

Ingredients

1 1/2 cups brewed tea
1/2 cup coconut milk
1/2 tablespoon coconut oil
1/2 tablespoon maca powder
1/4 teaspoon vanilla powder
1/8 teaspoon cayenne powder

Directions

Whisk coconut milk and oil into the warm tea, continue until frothy.

Add maca, vanilla and cayenne. Stir in well.

Serve warm.

1 serving

Macros per serving: 1.5 g protein, 27 g fat, 5.5 g carb, 4 g net carb

Nourishing Hot Chocolate

To make this drink really decadent, add freshly whipped cream and a drizzle of chocolate sauce. Serve yourself a mug of this rich and creamy goodness and enjoy the symphony of robust flavor.

Ingredients

1 cup coconut milk
1/2 cup cream, dairy or coconut
2 tablespoons grass-fed gelatin
2 tablespoons raw cacao powder
1 tablespoon maca powder
2 teaspoon vanilla powder
1 teaspoon ground cinnamon

Directions

Warm the milk and cream diluted with 1/2 cup water in a small saucepan over medium-low heat.

Whisk in powders and flavorings.

Remove from heat. Serve warm.

2 servings

Macros per serving: 8.5 g protein, 32.5 g fat, 10 g carb, 5 g net carb



Mineral Rich Morning Elixir

Ingredients

2 cups hot water

1/2 tablespoon maca powder

1/4 teaspoon shilajit extract

1/4 teaspoon vanilla powder

1 egg yolk, raw

Directions

Stir in the three powders with vigor to ensure all parts are well combined.

Mix in the egg yolk with the liquid.

Serve warm.

1 serving

Macros per serving: .5 g protein, 5 g fat, 2 g carb, 1.5 g net carb

Chocolate Maca Sauce

This simple sauce combines two very potent superfoods with a quickly absorbed energizing fat source. Drizzle this sauce over a bowl of keto ice cream, some blueberries, a coconut flour pancake, into warm tea or do what I do and eat it straight from the bowl!

Ingredients

2 tablespoons MCT oil
1 tablespoon maca powder
1 tablespoon cacao powder

Directions

Combine all ingredients in a small bowl.
Taste and adjust as needed.

2 servings

Macros per serving: 1 g protein, 14.25 g fat, 7 g carb, 4 g net carb



Maca Mylk

Ingredients

1 cup hemp seeds
1 tablespoon maca powder
1/4 teaspoon vanilla powder
Pinch of salt

Directions

Add all ingredients with 3 cups water in a blender. Combine on high speed for 30 to 60 seconds.

Use whole milk for maximum nutrition or if you prefer to achieve a smoother texture, strain mixture through a nut milk bag or fine mesh strainer.

Store in the fridge for up to 3 days.

Makes 3 cups

Macros per cup: 16 g protein, 21 g fat, 6.5 g carb, 0 g net carb

Dark Chocolate Raspberry Smoothie

Ingredients

1/2 cup ice
1/2 cup sliced raspberries or
other seasonal berry
1/4 cup Greek yogurt
1 cup coconut milk
1 tablespoon macadamia nut
butter
1 tablespoon grass-fed gelatin
1 tablespoon raw cacao nibs
1 tablespoon raw cacao
powder
1/2 tablespoon maca powder

Directions

Combine all ingredients and blend well to combine.

2 servings

Macros per serving: 8.75 g protein, 29 g fat, 13.75 g carb, 6.5 g net carb

Maca Protein Smoothie

Ingredients

1 cup hemp seed milk
1 egg, raw
*2 tablespoons hemp seed or
sacha inchi protein powder*
1/2 tablespoon maca powder
1/2 teaspoon grass-fed gelatin
1/4 teaspoon vanilla powder
*1/4 teaspoon ground
cardamom*

Directions

Combine all ingredients and blend well to combine.

1 serving

Macros per serving: 18.5 g protein, 12.5 g fat, 11 g carb, 1 g net carb

Detox Smoothie with Maca

Ingredients

*1 cup coconut milk (almond or
hemp milk)*
1 medium avocado
1/4 to 1/2 bunch cilantro
*1 1/2 tablespoons pumpkin seed
butter*
1 tablespoon maca powder
1/2 tablespoon cacao nibs
*1 teaspoon ground cayenne
pepper*

Directions

Combine all ingredients and blend well to combine.

3 servings

Macros per serving: 4.5 g protein, 12.25 g fat, 10.5 g carb, 5 g net carb

Maca Chocolate Bark

Ingredients

4 ounces 100% raw cacao paste
4 ounces coconut oil
2 tablespoon maca powder
1/2 tablespoon mesquite powder
1/2 teaspoon vanilla powder

Optional Add-ins

- fresh seasonal berries and shredded coconut
- crushed macadamia nut pieces
- sesame seeds
- juice of one lime and 1/2 teaspoon chipotle powder

Directions

Melt cacao paste and coconut oil over medium-low heat in a double boiler. Keep an eye on it, do not burn.

Remove from heat once liquid and cool slightly. Stir in the remaining ingredients.

Pour into chocolate molds or make "chocolate bark" in an 8 by 8-inch square baking dish lined with parchment paper.

Chill in the fridge or freezer until solid. Serve individual pieces or break bark into pieces with a knife. Store in the fridge, the coconut oil will melt above 78° F.

Serving size varies

Macros per ounce: 2.4 g protein, 21.5 g fat, 5.8 g carb, 2.75 g net carb





Maca Fudge Brownie

Ingredients

1 3/4 cups heavy cream
2 large eggs
1/4 teaspoon salt
6 ounces 100% raw cacao paste, chopped
1/2 cup maca powder
1 tablespoon vanilla powder
1 tablespoon yacon syrup, optional

Directions

Whisk eggs in a mixing bowl. Add to the cream and salt in a small saucepan. Warm uncovered over medium-low heat. Stir frequently until liquid becomes thick and the eggs appear cooked, about 5 minutes.

Remove from heat. Add cacao paste to the saucepan and stir until melted. Mix in the remaining ingredients. Stir well to combine.

Transfer to an 8 by 8-inch glass baking dish or pie plate. Chill in fridge until it sets. Serve cold.

8 servings

Macros Per Serving: 6.5 g protein, 32 g fat, 14 g carb, 9 g net carb

Chocolate Maca Mousse

A delicious, fluffy, creamy treat when you are feeling something decadent and creamy. Serve in individual bowls topped with cacao nibs and shredded coconut for an extra flair.

Ingredients

1 cup whipped cream
1/4 teaspoon stevia powder
or 1 teaspoon yacon syrup
4 tablespoons cream cheese,
softened
2 tablespoons maca powder
2 tablespoons cacao powder
2 tablespoons coconut oil,
warmed

Directions

Beat cream and stevia into peaks in a high-speed blender or with an electric mixer.

In separate bowl blend cream cheese with maca, cacao and coconut oil.

Gently fold the whipped cream into the maca cream cheese.

Chill in fridge for at least 4 hours, or overnight.

4 servings

Macros per serving: 2.6 g protein, 21.75 g fat, 5.3 g carb, 2.75 g net carb

Maca Custard Pie

The classic custard pie has maca added in for a caramel, butterscotch flavored delight.

Ingredients

3 eggs
2 cups heavy cream
1/2 cup maca powder
1/2 tablespoon vanilla powder
2 teaspoons ground cinnamon
1/2 teaspoon salt
1/4 teaspoon nutmeg

Directions

Preheat oven to 425° F.

Mix eggs in a medium mixing bowl until foamy.

Add remaining ingredients. Mix again well.

Pour batter into a greased pie dish. Place on the top rack of the oven with another baking dish full of water on the bottom rack. Bake for 10 minutes, decrease the heat to 325° F and continue cooking for 30 minutes. Insert a knife to check when it is done.

Cool and serve warm or cold.

8 servings

Macros per serving: 4 g protein, 24 g fat, 3.6 g carb, 2.6 g net carb



Chocolate Maca Creme

Ingredients

*1 (13.5 ounce) can
coconut milk*
2 large eggs
Pinch of salt
*6 ounces 100% raw cacao
paste, chopped*
1/3 cup maca powder
*1/2 tablespoon vanilla
powder*

Optional:

- mint or orange extract
- chipotle powder

Directions

Whisk milk, eggs and salt in a small saucepan. Warm gently over medium-low heat. Stir constantly until mixture thickens and becomes custard, about 10 to 12 minutes.

Remove from heat, add chopped cacao paste to the custard. Let sit for 5 minutes.

Add maca, vanilla and any additional flavorings. Stir slowly to combine.

Divide into ramekins or individual serving cups and chill in the fridge until set.

6 servings

Macros per serving: 7.7 g protein, 29 g fat, 12.2 g carb, 6.4 g net carb

Vanilla Chia Pudding

Top this gooey delight with sliced strawberries or other seasonal berry for a low carb, ketogenic breakfast, snack or dessert.

Ingredients

2 cups coconut milk
1/4 cup chia seeds
1/2 tablespoon maca powder
1 teaspoon pumpkin pie spice
1/2 teaspoon ground cinnamon
1/2 teaspoon vanilla powder

Directions

Whisk chia seeds into the coconut milk. Remove all clumps.

Add the powders and whisk well to combine.

Store in the fridge overnight to chill and gel. Serve cold.

4 servings

Macros per serving: 2.6 g protein, 22.5 g fat, 7 g carb, 3.25 g net carb



Maca Energy Bars

Ingredients

1 cup walnuts
1/2 cup sunflower seeds
1/2 cup pumpkin seeds
1/2 cup flax meal
2 tablespoons chia seeds
1/4 cup maca powder
1/2 teaspoon salt
1 teaspoon vanilla powder
1/2 teaspoon ginger powder
1/4 teaspoon clove powder
1/4 cup coconut oil
1/3 cup macadamia nut butter
2 tablespoons yacon syrup,
optional

Directions

Food process the walnuts to a coarse consistency. Add the sunflower and pumpkin seeds to the food processor, pulse a few times until chopped.

In a medium mixing bowl, combine the chopped nuts with flax meal, chia seeds, maca powder, salt and all spices.

In a small saucepan over medium-low heat, warm the coconut oil with the nut butter and yacon syrup until all melted, stir well to combine.

Add melted mixture over the nuts and seeds. Mix thoroughly.

Line an 8 by 8-inch glass baking dish with parchment paper. Spread the entire mixture evenly and press down firmly.

Chill in the fridge for one hour, score and transfer to an air-tight storage container. Store in the fridge or freeze for an extended time.

Makes 8 bars

Macros per bar: 10.4 g protein, 27.8 g fat, 12.5 g carb, 5.75 g net carb

Coconut Maca Balls

Ingredients

3 tablespoons coconut flour
2 tablespoons maca powder
1/2 teaspoon vanilla powder
Pinch of salt
1 tablespoon pumpkin seed butter
1 tablespoon chopped macadamia nuts
1/3 cup coconut milk
1 tablespoon shredded coconut to roll

Directions

In a medium mixing bowl, combine the flours and powders together. Mix in butter and nuts.

Add one tablespoon of milk at a time until a dough is formed.

Place shredded coconut in a shallow dish. Roll bite sized balls in the coconut until thoroughly coated.

Chill in the fridge for at least 30 minutes before eating. Store in the fridge or freeze for an extended time.

4 servings

Macros per serving: 2.6 g protein, 19 g fat, 6.5 carb, 3.3 g net carb

Maca Keto Cookies

These delicious nutty, crunchy cookies are low-carb and keto friendly. It is a low-carb take on the classic peanut butter cookie but with a superior nut choice and no sugar or refined flours. Kids LOVE it. You may add 1 tbsp cacao powder for a chocolate tinge, some stevia (or a preferred low carb sweetener) for sweetness, and serve with heavy whipping cream on top.

Ingredients

3 eggs
1 cup macadamia nut butter
1/4 cup coconut flour
1/4 cup maca powder
1 teaspoon vanilla powder
1/2 teaspoon salt

Directions

Preheat the oven to 350° F.

Whisk eggs. Stir in macadamia nut butter and whisk to combine.

In a small mixing bowl, combine the remaining ingredients. Mix the dry in with the eggs. Mix until dough forms.

Scoop a tablespoon of batter onto a baking tray lined with parchment paper. Press firmly on each round to make it a flat cookie shape.

Bake for 15 to 20 minutes, until edges are golden brown.

Makes 24 cookies

Macros per cookie: 2.4 g protein, 7.5 g fat, 2.7 g carb, 2 g net carb



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