



Cocoa Fresh Fertility Shakes and Herbs for Him

Blueberry Smoothie

Ingredients

- 1 medium banana
- 2 handfuls of blueberries (70 g)
- 1/2 avocado (70 g)
- 1 handful spinach (50 g)
- 1 glass almond milk (230 ml)
- 2 tsp ground flax seeds (15 g)
- 1 tsp cinnamon
- **1 Tbsp Cocoa Fresh Just for Men Green Sea Powder**

Recipe

Boil a cup of water, Let it sit for 10 minutes, then add 1 tsp of Cocoa Fresh Fat Burning Powder to it.. Mix well in a cup and add a few drops of fresh lemon juice to it. Add a few drops of honey if you want. Enjoy!

Berry Smoothie

Ingredients

- 1 handful blackberries (35 g)
- 2 handful raspberries (50 g)
- 1 handful strawberries (35 g)
- 1 tbsp fresh ginger (10 g)
- 2 tsp ground flaxseed (15 g)
- 1 tsp honey
- 1 glass dairy free milk (250 ml)
- **1 Tbsp Cocoa Fresh Just for Men Green Sea Powder**

Recipe

Add the berries and half of the milk to a blender. Blend for 2-3 minutes. After you remove the outer skin of the ginger root, cut the yellow part into small pieces. Grind the flax-seeds by hand or use an electronic machine. Add the rest of the ingredients to the blender and mix for another 2-3 minutes until the mixture is fully homogenized.

Kale Shake

Ingredients

- 2 handfuls of kale
- 1 medium banana
- 4 tbsp blackberries
- 3 tbsp raspberries
- 1-2 brazil nuts
- 1 glass of water (250 ml)
- **1 Tbsp Cocoa Fresh Just for Men Green Sea Powder**

Recipe

Add the kale (including stems) to a blender. Then add some water and blend for 2-3 minutes. Grind the Brazil nuts. Add the rest of the ingredients and blend for another 2 minutes, or until the ingredients are fully homogenized.



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Male Fertility Smoothie Recipe

Ingredients

- 1/3 cup Walnuts
- 1 tbsp Pumpkin Seeds
- 2 Brazil Nuts
- 1 tbsp Organic Cacao powder
- 1 tbsp Goji berries or Acai Powder
- 1 tsp Maca
- 1 Banana
- 2 Cups Milk of dairy free milk
- **1 Tbsp Cocoa Fresh Just for Men Green Sea Powder**

Recipe

Blend them all up and enjoy!

Top Herbs for Male Fertility

1. Ashwagandha
2. Maca root
3. Fenugreek
4. Shilajit
6. Tongkat ali
7. Ginseng
- .8. Saw palmetto