



Cocoa Fresh Fertility Recipes and Herbs for Her

Spiced Pears with Pomegranate

Ingredients

- 3 Pears (peeled, cored, diced)
- 1 Tbsp Lemon Juice
- 1 Tbsp Maple Syrup
- 1/4 Tsp Cardamom
- 1/2 Tsp Cinnamon
- 1/4 Cup Pomegranate Seeds
- **1 Tbsp Cocoa Fresh Just for Women**
Green Sea Powder

Recipe

Combine all ingredients into a large mixing bowl. Mix well then divide into cups. Enjoy!

Peanut Butter Banana Cookie

Ingredients

- 2 Banana (mashed)
- 1/3 Cup All Natural Peanut Butter
- 1 Tbsp Coconut Oil (melted)
- 3 Tbsp Raw Honey
- 1 1/2 Cups Oats
- 1 Cup Strawberries (sliced and cut into heart shapes)
- **1 Tbsp Cocoa Fresh Just for Women**
Green Sea Powder

Recipe

Preheat the oven to 350°F (177°C). Line a baking sheet with foil and lightly grease with some coconut oil. In a large mixing bowl, combine mashed bananas, peanut butter, coconut oil and honey. Mix well. Then add oats and mix again. (Note: Depending on how much mixing you do, the mixture may get slightly runny. Add extra oats to thicken it up if needed.) Gently press a heart-shaped strawberry slice into the top of every cookie. Bake for 15-25 minutes depending on how crunchy you like your cookies. Let cool before lifting. Enjoy!

Green Goddess Fertility Smoothie

Ingredients

- 1 cup spinach
- 1/2 cup kale
- 1/2 avocado
- 1/2 ripe banana
- 1 cup almond milk (or whole milk)
- 1 tablespoon honey
- **1 Tbsp Cocoa Fresh Just for Women**
Green Sea Powder

Recipe

Add all ingredients to a blender and blend until smooth. Enjoy immediately!



Cocoa Fresh Fertility Shakes and Herbs for Her

Chocolate Cherry Maca Smoothie

Ingredients

- 2 cups spinach, baby kale, or mixed greens
- 1 cup frozen dark sweet cherries
- ½ to 1 cup pomegranate juice
- 1 cup unsweetened coconut milk
- 2 tablespoons cashew butter
- 1 to 2 tablespoons cacao powder
- 1 tablespoon maca powder
- **1 Tbsp Cocoa Fresh Just for Women Green Sea Powder**

Recipe

Blend all the ingredients together in a blender or food processor until smooth. Pour into your favorite cup and enjoy!

Blueberry Kale Salad

Ingredients

- 10 Cups Kale leaves (chopped)
- 1 Cucumber (chopped)
- 4 Stalks Celery (chopped)
- 2 Cups Blueberries
- 2 Beet (peeled)
- 1/2 Cup Pumpkin Seeds
- 1/2 Cup Virgin Olive Oil
- 3 Lemon (medium, juiced)
- 1 Tsp Mustard Seeds
- **1 Tbsp Cocoa Fresh Just for Women Green Sea Powder**

Recipe

In a large bowl, combine kale, cucumber, celery, blueberries, spiralized beets, and pumpkin seeds. In a mason jar, combine olive oil, lemon juice, mustard seeds, salt and pepper. Shake well. Before serving, pour dressing over the salad and toss well. Enjoy!

Keeps well in the fridge for 4 days.