



Seleno Health

SELENO INCA TEA

Warm and nourishing tea for the colder months

This is the traditional Peruvian way to drink Maca. Seleno Health co-director Sally Huapaya grew up drinking this traditional tea in Peru, a recipe passed down from her mother. It is a rich aromatic tonic that invigorates the body and mind. Our Maca helps to enhance mental cognition, balance hormones, relieve stress and leave you feeling warm and revitalised. It is quick and easy to prepare and can be kept and enjoyed for the next few days.



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Ingredients:

1. 3 sticks of cinnamon
2. 6 cloves
3. 1 tbsp rolled oats (or quinoa)
4. 1 litre of boiling water
5. 1-2 tbsp of Organic Seleno Health Maca Powder

Instructions:

Take the cinnamon, cloves and oats and add to boiling water in a pot. Stir and simmer for 20 minutes. Add the Seleno Health Maca powder to a small amount of cold water to create a paste before adding to the boiling tea. Simmer for a further 5 minutes. Remove cinnamon and cloves. For a thicker creamier tea, blend for 1 minute in a blender on high. Optional extras: milk, honey, raw sugar.

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CREAMY MACA LATTE

A delicious caffeine free alternative to coffee

This quick, rich and creamy energy drink is a great substitute for coffee. It has a buttery, malty flavour, and is creamy like a traditional latte. Maca can help increase blood flow and leave you feeling energised but without the stimulant effects of caffeine. As such, it gives you a boost but without the edginess and crash that comes after coffee. For those seeking a healthy alternative to coffee or looking to reduce their caffeine intake this is an ideal pick.



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Ingredients:

1. 1 cup of boiling water
2. 1/2 cup almond milk
3. 1 tbsp coconut oil
4. 1 tsp coconut sugar
5. 1 tsp of Seleno Health Maca Powder
6. Pinch of cardamom and cinnamon

Instructions:

Warm almond milk, then add all ingredients to a blender. Blend until lightly foamy on top. Serve warm with a sprinkle of cinnamon.

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MACA PEANUT SMOOTHIE

A delicious, energising and quick superfood snack

A healthy, creamy classic using Seleno Health Organic Maca and Fix and Fogg gourmet peanut butter. It can be prepared in less than 2 minutes using our specially designed Seleno Health maca shaker bottle. Maca is a Peruvian superfood that has long been used as an Inca remedy to combat stress and fatigue due to its energising properties and hormone balancing ability. Combined with protein rich peanuts, bananas and coconut milk it is a balanced, healthy and delicious drink full of vitamins, minerals and healthy oils. Perfect for brekkie, as a snack or meal replacement.



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Ingredients:

1. 1 large soft organic banana
2. 400-500 mL of organic coconut milk
3. 1 tablespoon of Fix and Fogg smooth peanut butter
4. 1 tablespoon of Organic Seleno Health Fair Choice Peruvian Maca Powder
5. 1 teaspoon of vanilla extract or a pinch of fresh vanilla bean

Instructions:

Add all ingredients to a blender or Seleno Health shaker bottle and blend or shake until smooth. For a more chilled beverage add 3-4 ice cubes before blending or shaking.

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CITRUS MACA SMOOTHIE

A delicious and refreshing energy hit

Nothing beats an early morning wake up call like tropical pineapple, orange and ginger. If you add in some locally made fresh yoghurt, honey and our Organic Seleno Health Maca you'll start the day feeling fresh and energised. It's rich in vitamin C, has the cleansing power of ginger and the hormone balancing abilities of Maca. Easily prepared in under 2 minutes, this is an ideal, nutrient rich breakfast to go.



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Ingredients:

1. 5 cm of fresh ginger root
2. 2-3 oranges - juiced
3. 1-2 cups of frozen pineapple pieces
4. 1 cup of coconut yoghurt
5. 1-2 tsp of Seleno Health Maca Powder
6. Pinch of cinnamon

Instructions:

First, peel and slice the ginger root into small pieces. Then cut the oranges into halves and juice them. Next, combine all the ingredients into a blender and blend until smooth. Ensure you slowly sprinkle in the Maca powder so that it blends well and doesn't clump. Optional toppings include propolis grains, cinnamon powder or coconut shavings.

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HEALTHY MACA PANCAKES

A healthy version of a traditionally unhealthy breakfast

Maca powder is classified as a flour, therefore it can be combined with different flours used in baking and pancake making. It has a strong flavour, it is best added to batter mixes in moderation. A small amount of Maca packs a big nutrient and energising punch. It is an excellent way to make a traditionally unhealthy dish into a nutritional and healthy breakfast or brunch. Serve with fresh, antioxidant rich fruits and if you feel gluttonous, then a small serve of maple syrup and spoonful of coconut cream to top it off.



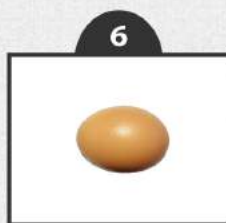
Ingredients:

1. 1 banana
2. 1/2 cup of organic almond or rice milk
3. 1 cup of spelt or buckwheat flour
4. 1 tsp baking soda and 1/2 tsp baking powder
5. 1/4 tsp vanilla extract or vanilla bean
6. 1 organic free range egg
7. 1 tbsp of Organic Seleno Health Maca Powder
8. 1 handful of blueberries and walnuts
9. Maple syrup and coconut cream (optional)

Instructions:

Combine older banana, vanilla and milk into a high speed blender until a smooth liquid. In a separate mixing bowl whisk together flour, baking powder, baking soda and Seleno Health Organic Maca. Pour banana milk into the dry ingredients then whisk through with the egg until just combined.

Using 1/4 cup scoop, form pancakes onto prepared (buttered, sprayed) griddle over low heat. Turn over after about one minute. Flip and cook another half minute or so, until cooked through. Serve with blueberries, walnuts and optional coconut cream and maple syrup.



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MACA RICE PORRIDGE

The low GI energising way to start the day

Looking for a tasty and fulfilling breakfast? Look no further. This beauty will make you radiate, it can provide you with enough energy to get going and stay full for almost half a day. It is rich in antioxidants and energy enhancing Maca, long been used by the Inca for vitality, hormone balance and virility. The brown rice is a low GI and nutrient rich source of carbohydrates with added coconut, chia and brazil nuts for healthy oils and fats. Sliced fruit adds fibre and essential vitamins for the best way to kick start your day.

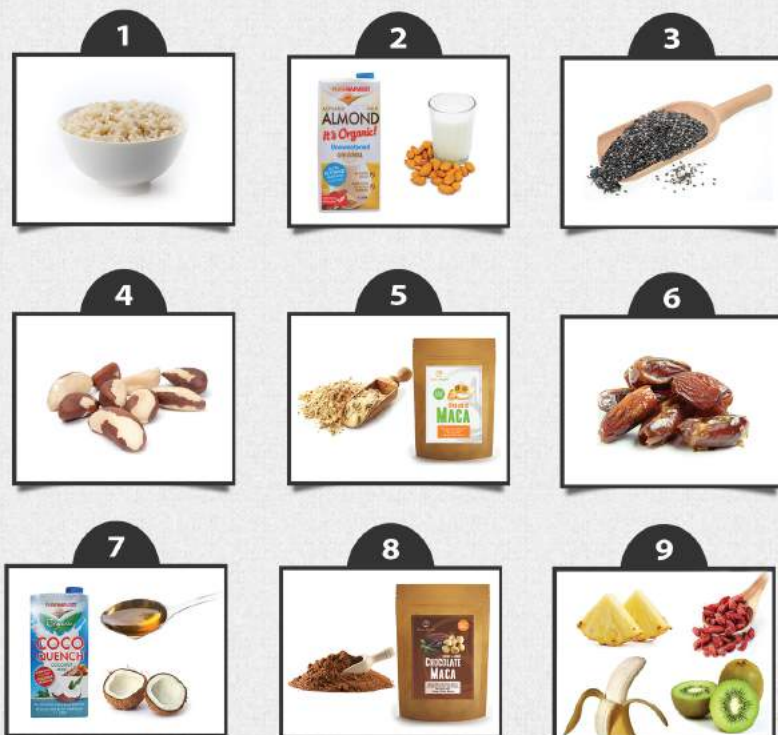


Ingredients:

1. 1 cup of cooked organic brown rice (or oats)
2. 1-2 cups of almond, coconut or rice milk
3. 2 tbsp of organic chia seeds
4. 4-5 finely grated brazil nuts
5. 1 tbsp of Organic Seleno Health Maca Powder
6. 1-2 pitted dates
7. 1/2 cup of full cream coconut milk or yoghurt.
1 tbsp of organic honey
8. 1 tbsp of Organic Seleno Health Chocolate Maca Powder
9. 1 banana, 1 kiwifruit, 1/8 of a pineapple, 1 tbsp goji berries

Instructions:

Gently heat the cooked brown rice in a saucepan with the almond or rice milk and mash with a potato masher until creamy. Add the chia seeds, freshly grated brazil nuts, Seleno Health Organic Maca powder and pitted dates. Mix thoroughly and mash the dates to sweeten. Spoon the 'thick' cream off the top of the coconut milk into a separate bowl and whip with honey and Seleno Health Chocolate Maca Powder. Scoop the cream over the porridge mix and garnish with fruit. Finish with a sprinkle of Seleno Health Chocolate Maca.



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MACA HUMMUS

Gluten free goodness for an afternoon snack

Love hummus? Then you'll love Maca hummus even more. This recipe is courtesy of our friends at The Maca Team, US. If you feel hungry in the afternoon or are looking to put on a spread for guests then this is the ideal healthy energising appetizer. It's perfect as a dip for your breads or vegetable snacks and can be added to delicious kebabs or flatbread rolls. There is nothing more rewarding than making your own homemade hummus, so try enhancing it with the flavour of Maca today.



Ingredients:

1. 1 can of organic chickpeas, drained and rinsed
2. 4 tbsp of ground tahini
3. 1/4 cup of water
4. 1 small garlic clove
5. Juice of 1-2 lemons (to taste)
6. 1 tbsp of Organic Seleno Health Maca Powder
7. 1 tsp of cumin powder
8. 1 tbsp of roasted pine nuts
9. 1/2 tsp sea salt

Instructions:

Place all ingredients in food processor and blend until desired consistency. Taste for flavour and add either more garlic, lemon, salt or cumin to your liking. Depending on the size of your lemons or how many you used, you may like to add the extra 2 tablespoons of water for slightly thinner consistency. Serve with toppings of your choice or plain. Garnish with chickpeas, pine nuts, chopped parsley and a dash of smoked paprika.

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PUMPKIN LENTIL MACA SOUP

A detoxifying and warming healthy elixir

If you are looking for a cleansing, healthy, vitalising dinner then look no further. This soup is an absolute must for those feeling tired and sluggish. Lentils and pumpkin are packed with protein, low GI carbs and essential nutrients. Ginger, garlic, sage, kale and basil create a rich antioxidant, detoxifying and warming broth. Maca provides an energy and vitality boost, making this one of the ultimate health enhancing elixirs. It is ideal for a cleansing detox dinner or for those wanting to shed some kilos.



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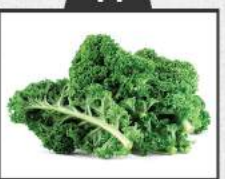
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Ingredients:

1. 1 red onion and 2 cloves of garlic, finely chopped
2. 2 cups of fresh or dried lentils soaked overnight
3. 6-7 cups of freshly boiled water
4. 1 cup of full fat coconut milk
5. 1/4 - 1/3 of a small pumpkin (~500-700g)
6. 2 tbsp of Organic Seleno Health Maca Powder
7. 1/2 tbsp fresh finely grated ginger
8. 1 tsp of curry powder and 1 tsp of turmeric
9. 2 tbsp of chopped basil
10. 2 tbsp of chopped sage
11. 1 head of kale, chopped
12. Sea salt and pepper to season and a few sprouts

Instructions:

Fry off the onion, garlic, ginger, curry powder and turmeric in some extra virgin olive oil or rice bran oil until it starts browning. Then add in the freshly boiled water and bring to simmer. Add the Seleno Health Organic Maca powder, lentils, pumpkin, basil, sage and coconut milk. Simmer on a low heat for an hour allowing the flavours and nutrients to fully infuse. Add salt and pepper to season. Just before serving add in the freshly chopped kale head and heat through for 3-5 minutes until it wilts. Serve and garnish with fresh basil and sprouts. (Optional extras - Brown or dark rye bread to mop up the left over soup).

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PERUVIAN MOUNTAIN STEW

An earthy and hearty Andean mountain stew

A classical dish originating from the mountains of Peru and staple food for the Inca. This recipe stars juicy, tender pieces of chicken, braised in white wine with mushrooms, onion, tomato and finished with a rich earthy maca to thicken. It tastes like it has spent hours in the oven, even though it's only cooked for an hour. It is full of warm and hearty flavours, with all your essential vitamins, minerals and antioxidants. Maca adds an energy boost to leave you feeling revitalised.



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Ingredients:

1. 2 red onions and 4 cloves of garlic finely chopped
2. 4 tbsp of tomato paste
3. 2 tbsp of red wine vinegar
4. 1.5 kg of free range chicken legs and thighs
5. 1 tbsp paprika, 1 tbsp oregano
6. 4 vine ripened tomatoes
7. 400g of cremini mushrooms
8. 3/4 cup dry white wine
9. 1 bay leaf and 1 sprigs of thyme
10. 1 tbsp of Organic Seleno Health Maca Powder
11. 1 tbsp of corn flour
12. Sea salt and pepper to season

Instructions:

Combine 2 cloves of finely chopped garlic and 1 onion with 2 tbsps of olive oil, the tomato paste and red wine vinegar in a large bowl. Rub the mix into the chicken pieces and leave to marinate overnight. Fry 1 onion and 2 cloves of garlic with 1 tbsp of olive oil, the paprika and oregano. Add the marinated chicken and sear until browning. Add the finely chopped tomatoes, mushrooms, white wine, bay leaf and simmer (45-60 mins). Finally mix the Seleno Health Organic Maca and cornflour powder thoroughly in 1/4 cup of water until thick. Add to the stew and season with salt, pepper and thyme. Once thick serve with either brown rice or a dark rye bread.

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HOT CHOCOLATE MACA

The happy hormone hot chocolate with a super boost

This hot chocolate is a tasty, delicious, rich chocolate treat. The malt flavour of the Maca combines with the cacao to create a creamy malt-chocolate. In combination with coconut oil and turmeric this recipe provides an immune boosting, anti-inflammatory, hormone balancing pick-me-up. It's the perfect treat for a cold day when you are craving those comfort foods.



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Ingredients:

1. 500 mL (2 cups) of almond milk
2. 2 tbsp of coconut or other raw sugar
3. 2 tsp of coconut oil
4. 1 tbsp of Organic Seleno Health Chocolate Maca Powder
5. 1/4 tsp of ground turmeric
6. A pinch of sea salt

Instructions:

Warm the almond milk in a small saucepan over high heat. When hot but not yet boiling, remove from heat and whisk in the remaining ingredients. Taste and adjust sweetness if desired. Serve at once.

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CHOCOLATE MACA SMOOTHIE

A healthy, nutritious breakfast ready in less than 2 minutes

This recipe is a quick and easy, healthy breakfast that can be prepared in under 2 minutes and eaten on the go using one of our Seleno Health shaker bottles. Simply combine all your ingredients in the shaker bottle and shake for 1 minute. The internal plastic blades act to blend everything together to create a rich, healthy and delicious meal in cup to kick-start your day. Once you get the hang of it you can also add other healthy choices like dates, avocado, mango, kiwifruit, blueberries or other soft fruits.



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Ingredients:

1. 1 large soft organic banana
2. 400-500 mL of organic coconut milk
3. 1 tbsp of Fix and Fogg smooth peanut butter
4. 1 tbsp of Organic Seleno Health Chocolate Maca Powder
5. 1-2 tbsp Raglan Coconut Yoghurt

Instructions:

Add all ingredients to a Seleno Health shaker bottle and shake well until blended. Drink straight from the bottle or serve in a cup with a sprinkle of Organic Chocolate Maca Powder and some banana slices.

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CHOCOLATE MACA MILKSHAKE

A PMS healthy chocolate fix to satisfy those cravings

On those days when you are craving comfort food, this is the ideal solution. Coconut milk in smoothies ensures a thick and creamy end result. Combine this with Organic Fair Choice Chocolate Maca powder, Maca for maltiness and Cacao for a rich chocolate fix. Maca has an amazing energising and hormone balancing ability and in combination with antioxidants in the cacao it is the ultimate healthy solution to comfort food. Perfect as a snack or a rich, satisfying dessert.



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Ingredients:

1. 250ml (1 cup) unsweetened almond, rice or coconut milk
2. 125ml (1/2 cup) full fat coconut milk or cream pre-frozen in an ice cube tray
3. 1/2 tbsp vanilla extract or vanilla bean
4. 2 tbsp Organic Fair Choice Seleno Health Chocolate Maca Powder
5. 1 large pitted date or 1 tbsp of manuka honey
6. 1 small frozen banana
7. 1 tbsp of toasted coconut or almond shavings
8. 1 tbsp of crushed chocolate pieces

Instructions:

Freeze organic full fat coconut milk into ice cubes. Freeze a small ripe banana. Add all ingredients to a blender and blend until smooth. Garnish with toasted coconut and crushed chocolate pieces.

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CHOCOLATE MACA BLISS BALLS

A healthy, energising snack to beat those sugar cravings

This recipe is courtesy of Rebecca Gawthorne, a well known Australian dietician, nutritionist and blogger @Nourish_Naturally. Rebecca devised this very healthy, quick and easy way to satisfy your sugar cravings using our Seleno Health Organic Chocolate Maca, saying "Maca powder is a good source of vitamins B, C & iron & I choose Seleno Health Maca because it's produced using sustainable practices that improve local communities through economic, social and educational programs". Try Rebecca's recipe today for a healthy energising snack next time you get a sugar craving.



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Ingredients:

1. 1 cup of pitted dates
2. 1/4 cup of Seleno Health Chocolate Maca powder
3. 1 cup of desiccated coconut
4. 2 tbsp of coconut oil or water

Instructions:

Place the dates and coconut in a high speed blender until combined. Add Seleno Health chocolate maca powder and oil/water. Blend. Remove mixture from the blender and roll into balls.

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CHOCOLATE MACA TRUFFLES

When you need a rich chocolate treat

Ideal as a pre-workout snack or for when you just really need a chocolate fix. If you find bliss balls too sweet then this is your ideal rich chocolate flavoured replacement. The secret to the perfect consistency and texture is the addition of a slightly soft, ripe avocado. They can be prepared in under 10 minutes and are ready to eat within an hour. Keep them in the fridge for whenever you get a craving.



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Ingredients:

1. 1 large avocado
2. 3 tbsp of date paste
3. 2 tbsp of coconut oil
4. 1/4 cup of Organic Seleno Health Chocolate Maca Powder
5. A pinch of sea salt

Instructions:

Place all ingredients in a blender and blend until smooth. Form into balls and roll in some Seleno Health Chocolate Maca Powder. Store in the refrigerator for an hour until they harden.

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CHOCOLATE MACA CAKE

Gluten free banana chocolate goodness

This flourless chocolate banana cake recipe is quick and easy. It's a great gluten free alternative to conventional chocolate cake, but with the power of Maca to help balance hormones and leave you feeling re-vitalised. The trick to a delicious sweet cake is to make sure that your bananas are ripe and soft. Once ripe, your brown bananas can be peeled and sliced and stored in the freezer for later use. For a delicious topping add some Raglan Coconut Yoghurt or coconut cream blended with honey.



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Ingredients:

1. 3 eggs, separated in yolks and whites
2. Pinch of salt
3. 2 tbsp of honey
4. 1/4 cup of grapeseed oil or equivalent
5. 2 large mashed old bananas
6. 1/4 cup of almond flour
7. 2 tbsp of Seleno Health Organic Chocolate Maca Powder
8. Serve with coconut yoghurt or cream

Instructions:

Blend egg yolks, honey, and salt on medium for 1 minute. Then slowly add grapeseed oil and mashed banana and blend for 1 minute further. Slowly blend in cacao powder and almond flour. In a separate bowl, whip egg whites to stiff peaks then gently fold contents of the blended mix into bowl with egg whites. Once it is an even consistency pour the batter into a greased 20cm baking dish and bake at 180° for 25-30 minutes. Serve with coconut yoghurt or coconut cream whipped with honey.

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CHOCOLATE ZUCCHINI BREAD

Enriched with our ethically sourced organic Maca

Perfect for when your garden is full of zucchini. It's gluten free, dairy free, paleo, healthy and delicious. The rich, moist texture comes from the coconut oil. Sweetened with honey and a bit of dried vanilla bean, this bread makes an excellent snack for kids, and is equally delicious for dessert with a scoop of fresh coconut yoghurt. Next time you are craving chocolate, give this healthy alternative a try instead.



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Ingredients:

1. 1 1/4 cups of blanched almond flour
2. 1/4 cup of Seleno Health Chocolate Maca
3. 1 pinch of salt
4. 1/2 tsp of baking soda
5. 2 large free range eggs
6. 2 tbsp of coconut oil
7. 1/4 cup of honey
8. 1/4 tsp of fresh dried vanilla
9. 3/4 - 1 cup of grated zucchini

Instructions:

In a blender combine the almond flour and cacao powder. Firstly pulse in salt and baking soda. Then slowly pulse in eggs, coconut oil, honey, and vanilla beans. Finally pulse in the grated zucchini before transferring the batter to a greased 16 x 10 cm medium loaf pan, dusted with almond flour. Bake at 180° for 35-40 minutes then allow to cool.

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