Beauty, Health & Prosperity Tips

This is not a fad diet or a trend that will pass, superfoods have been around for thousands of years.

Found in the Himalayas, on the planes of Africa, the Amazon jungles to the outback of Australia, they have been used by many indigenous cultures from across the world.

These races, for the most part, were disease free due to the high nutritional value of these foods. They lived in community with their people, their gods and goddesses; being grateful and rejoicing was a way of life.

When the white man introduced Christianity into the Americas, some of these superfoods were banned and forbidden, as they were used in ceremonies to worship their gods.

The white man was ignorant, at the time, of human rights, freedom of speech and greedy to conquer lands; implementing their ways and religion onto the indigenous cultures.

Thankfully today, we are rediscovering plants such as amaranth, quinoa, mesquite, chia etc that have been hidden in the kitchens of rural South America, where the indigenous people continue their customs.

---

Ingredients

2 cups almond flour
3-4 tsp maca powder
1 cup organic whey protein isolate powder (vanilla) or organic hemp protein powder
1 tsp baking powder
½ cup strained ‘Love Nectar’ (recipe Pg: 107) or agave syrup
½ tsp ground cinnamon
1/3 cup apricot kernel oil
½ cup organic low fat yoghurt
½ tsp Himalayan salt
2 ripe bananas, mashed
1/3 cup dates, chopped
1/3 cup unsweetened coconut flakes
1/3 cup cocoa nibs
1/3 cup chia seeds
olive oil spray

Protein Power Muffins
“For the Funky Gym Junky or a Lean Mean Protein Machine”

You may choose to bake these delicious muffins on Sunday night so you can have them at your reach, anytime anywhere. Great for a breakfast on the run or a snack after you work out. The boys love these muffins, as they are super high in protein and will keep those muscles lean! You’ll definitely impress him.

How to ~

Pre-heat oven to 400F (205C).
Lightly spray a muffin pan with olive oil.

Sift together the flour, the maca powder, the baking powder, salt, and ground cinnamon into a mixing bowl. In another bowl, mash the banana with the agave, yoghurt and the dates.
Pour the banana mixture into the flour and stir until well combined. Add the chia seeds, the coconut flakes and the cocoa nibs then pour evenly into 12 muffin cups.

Bake for 18 ~ 20 minutes. To test that the muffin is ready insert a clean knife or tooth pick into the center of the muffin it should come out clean.