

Green Origins



ORGANIC MACA POWDER

Maca is an ancient Peruvian root that Incan warriors were said to have consumed for stamina and endurance. It is high in fibre and has a rich, malty flavour that combines well with cacao. It grows high in the Peruvian Andes and is able to survive during extreme weather conditions. After harvesting it is slowly air dried and then milled into a powder.

OUR SHARED EARTH INITIATIVE:

We search the world for the most nutritious foods, source from producers who use organic methods and guarantee that at least 10% of our profits each year support social and environmental projects around the world.

WHY NOT TRY MACA HUMMUS?

- 2 tbsp maca powder
- 2 cups of chickpeas (canned, drained)
- 1 clove of garlic (minced)
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 3 tbsp tahini paste
- 1/4 cup of water



Mix the chickpeas, oil, lemon juice and water in a food processor. Add to a bowl and mix in the rest of the ingredients. Serve with vegetable sticks and enjoy!

Optional: Spice it up by adding some paprika or cumin to the mix.



GB-ORG-05
Non-EU Agriculture

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NUTRITIONAL INFORMATION

TYPICAL VALUES (As Sold)	Per 100g	(%RI*)
Energy	1345kJ 319kcal	
Fat	1.3g	
of which saturates	0.4g	
Carbohydrate	53g	
of which sugars	30g	
Fibre	21g	
Protein	13g	
Salt	0g	
Vitamin B6	0.4mg	30%
Potassium	1620mg	81%
Calcium	263mg	33%

*Reference Intake of an average adult (8,400kJ/2,000kcal).

INGREDIENTS: Organic Raw Maca Powder.

SUGGESTED USE: Take 4-8g (1-2 teaspoons) per day.



Add to a smoothie



Stir into porridge or yogurt



Add to homemade snack bars

STORAGE: Store in a cool, dark and dry place.

This pack contains approximately 11 servings.

Maca Powder (*Lepidium Meyenii*), produced in South America, packed in the UK for Green Origins, Sheffield, S25 3SF.

HIGH IN VITAMIN B6

*Vitamin B6 contributes to the regulation of hormonal activity.

HIGH IN POTASSIUM

*Potassium contributes to normal muscle function.

Best Before End: See below

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