



Maca

Scientific Name: Lepidium meyenii
Family: Cruciferae

Origin

Maca has been consumed for ages in central region of the Andes. It had a big recognition since the pre-Incan age, being considered as a gift from the gods and offered to them in many of their ceremonies. The Incas recognized its benefits, using it to improve the physical and mental performance.

During the Inca Empire era Maca was considered a sacred food for elite and also was allocated to the soldiers for vitality and strength..



Benefits

Maca is a special food with high nutritional value and a series of physical benefits due to its content of vitamins, minerals, amino acids and plant sterols, including vitamins B1, B2, C, D, E, iron, potassium, copper, magnesium, selenium, phosphorus and calcium. It is very rich in fiber and a source of vegetal protein, fatty acids and containing 4 unique alkaloids (Macaina 1, 2, 3 and 4).

Uses

Can be added in yogurt, tea, milk, coffee and juices. Is an optional additive for desserts and cakes.
Can be mixed in hot and cold liquids; with cocoa as well. Ingredient for gluten free foodstuff.

Presentations

Red, Black, Yellow Maca Powder

We start the process of selection between the different colors of the maca root: yellow, black and red. Afterwards, they are cutted and dehydrated at temperatures near 45°C. This is how we obtain the product ready for milling and pulverization.

Gelatinized Maca Powder

In some cases, the extruded process is done for gelatinized maca powder.

