

Herbal Recipes to Support Men's Wellness & Healthy Testosterone

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Everything Herbal

by Cheryl Jabz

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Bubbie's Ashwagandha Cocoa-Banana Smoothie

A creamy, chocolatey smoothie made with ashwagandha, banana, and warming spices. This delicious blend may help support healthy testosterone levels, stress balance, energy, and overall men's wellness.



INGREDIENTS (Serves 1)

- 1 ripe banana
- 1 cup milk or unsweetened almond milk
- 1 Tbsp unsweetened cocoa powder
- 1 Tbsp peanut or almond butter
- ¼ tsp ground cinnamon
- ⅛–¼ tsp ashwagandha powder (start with ⅛ tsp and adjust to taste)
- 1 cup ice cubes



HERBAL SUPPORT

Ashwagandha is an adaptogenic herb traditionally used to help the body adapt to stress and may support healthy testosterone levels, vitality, strength, and energy.



THE EVIDENCE

A 2021 systematic review & meta-analysis of randomized controlled trials concluded that ashwagandha supplementation was associated with a statistically significant increase in testosterone levels in men.

Wankhede, S., Langade, D., Joshi, K., et al. (2021). Effect of ashwagandha on testosterone levels in males: A systematic review and meta-analysis. *Indian Journal of Pharmacology*, 53(3), 155–160.

View study: pubmed.ncbi.nlm.nih.gov/34385289

PLEASE NOTE

These recipes are for general wellness support and are not intended to diagnose, treat, cure, or prevent any disease. Consult your healthcare provider if you have any health conditions, are pregnant, nursing, or taking medications.

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