



tarwi

quinoa



Cocoa

INTIKISA

RECIPE BOOK



INKA GOLDEN



Description

A delicious overnight oatmeal with superfoods. The oats provide fiber and complex carbohydrates, while Intikisa's Inka Golden Mix adds protein, minerals, and antioxidants. Perfect for a quick and nutritious breakfast.

Ingredients

- 1 cup milk (can be plant-based: almond, oat, etc.)
- 2 tablespoons of Intikisa Inka Golden
- 1 ripe banana
- 1 teaspoon honey or agave syrup (optional)
- To taste

Andean Energy

Instructions

1. Place all ingredients in a blender.
2. Blend at high speed until smooth.
3. Serve immediately in a large glass.
4. Garnish with a little cocoa powder or fruit pieces if desired.
5. Enjoy your smoothie chilled to reap all its nutrients!

Expected result:

You'll end up with a creamy, light brown smoothie with a velvety texture. You'll know it's well-made when there are no lumps and it has a balanced flavor between the sweetness of the banana and the energizing touch of the cocoa.



Overnight Oats

Instructions

1. In a jar or container with a lid, combine the oats, yogurt, and Intikisa's Inka Golden Mix.
2. Add the cinnamon and chia seeds. Stir well until combined.
3. Cover and refrigerate overnight (at least 6 hours).
4. The next day, top with your favorite fruits or nuts.
5. Ready to serve and enjoy! You can eat it cold or at room temperature.

Expected result:

You'll end up with a smooth, thick cream. The oats will have absorbed the liquids, forming a pudding-like texture. The flavor will be sweet and spicy. The mixture will have a beautiful beige color with hints of the toppings.

Description

A delicious overnight oatmeal with superfoods. The oats provide fiber and complex carbohydrates, while the Inka Golden Mix adds protein, minerals, and antioxidants. Perfect for a quick and nutritious breakfast.

Ingredients

- ½ cup whole-grain oats
- 1 cup natural yogurt or kefir
- 1 tablespoon Intikisa Inka Golden Power Mix
- ½ teaspoon ground cinnamon
- 1 teaspoon chia seeds
- Fresh fruit or nuts of your choice (blueberries, walnuts, etc.)



Description

Soft and nutritious pancakes, perfect for brunch or a snack. Intikisa's Inka Golden Mix in the batter provides vegetable protein and natural antioxidants, making these pancakes healthier than traditional ones. Plus, the oats and egg enhance the texture and nutrition.

Ingredients

- 1 cup ground oats or oat flour
- 1 tablespoon Intikisa Inka Golden Power Mix
- 1 teaspoon baking powder
- 1 large egg
- ½ cup milk (can be plant-based)
- 1 teaspoon vanilla extract
- Pinch of salt
- Oil or butter for cooking

Protein Pancakes

Instructions

1. In a bowl, mix the oat flour, baking powder, and a pinch of salt.
2. In another bowl, beat the egg with the milk and vanilla.
3. Add the Intikisa Inka Golden Mix to the dry bowl and mix it with the wet ingredients until a smooth batter forms. If it's too thick, add a little more milk.
4. Heat a nonstick skillet over medium heat and lightly grease it with oil or butter.
5. Pour in portions of batter (approximately 1/4 cup) and cook each pancake for 2-3 minutes per side, until bubbles form on the surface and they are lightly browned.
6. Serve the pancakes warm with honey, fresh fruit, or yogurt.



Energy Bars

Instrucciones

1. In a bowl, mix the oats, chopped nuts, seeds, and raisins.
2. In a small bowl, gently heat the peanut butter and honey to help them blend. Add the Intikisa Inka Golden Mix and mix until smooth.
3. Pour the mixture over the dry ingredients and stir well, until the entire mixture is well coated.
4. In a rectangular pan (lined with waxed paper), spread the mixture, pressing firmly to compact it.
5. Refrigerate for at least 1 hour. Then, remove from the pan and cut into bars.

Expected result:

Dense, uniform bars, slightly sticky to the touch. When you break them, you'll see bits of seeds and nuts. The flavor will be sweet and slightly salty (from the nuts), with a cocoa/maca aroma from the Inka Golden.

Description

Homemade bars ideal as a pre-workout snack or healthy snack. They combine nuts, oats, and Intikisa's Inka Golden Mix for a balanced source of protein, good fats, and fiber. Naturally sweet, they're a nutritious option to keep you active.

Ingredientes

- 1 cup whole-grain oats
- 1/2 cup chopped walnuts or almonds
- 1/3 cup natural peanut or almond butter
- 2 tablespoons honey or agave syrup
- 2 tablespoons Intikisa Inka Golden Power Mix
- 1/4 cup seeds (sunflower, pumpkin, chia, etc.)
- 1/4 cup raisins or dried cranberries



Description

A healthy and refreshing dessert. Chia seeds provide omega-3 and fiber, while Intikisa's Inka Golden Mix adds protein, calcium, and antioxidants. Naturally sweetened with fruit, this pudding is light and nutritious.

Ingredients

- 3 tablespoons of chia seeds
- 1 cup of plant-based milk (almond, coconut, soy, etc.)
- 1 tablespoon of Intikisa Inka Golden Power Mix
- 1 teaspoon of Intikisa Cacao Powder
- 1 teaspoon of honey or agave syrup (to taste)
- Chopped fruit for garnish (strawberries, kiwi, mango)

Chia Pudding

Instructions

1. In a bowl, mix the milk, Intikisa Inka Golden Mix, Intikisa Cocoa Powder, and honey until all the powders are dissolved.
2. Add the chia seeds and stir well.
3. Cover and refrigerate for at least 2 hours (or overnight). The seeds will form a gel with the milk.
4. Before serving, stir the pudding to ensure it's not lumpy.
5. Garnish with chopped fruit.

Expected result:

A dark pudding (due to the cocoa) with a smooth, gelatinous texture. The seeds are evenly distributed. The flavor combines chocolate with the light touch of Inka Golden and fresh fruit, creating a balanced dessert.



MACHU PICCHU



Licuado Tropical

Instructions

1. Place all ingredients in a blender.
2. Blend at high speed until smooth and lump-free.
3. Serve the smoothie in a tall glass.
4. Garnish with a pineapple wedge or a fresh mint leaf.
5. Enjoy immediately to take full advantage of its benefits!

Expected result:

A creamy to light green smoothie, smooth and thick. Upon tasting, you'll notice the sweetness of the pineapple and banana, with a light cocoa flavor. The texture should be creamy without large chunks of fruit.

Description

A creamy smoothie with tropical flavors and cocoa. Intikisa's Machu Picchu Golden Mix combines quinoa, maca, and cocoa, providing natural energy and nutrition. Ideal for boosting morning energy and enjoying essential vitamins and minerals.

Ingredients

- 1 cup natural pineapple juice
- ½ cup natural yogurt
- 2 tablespoons Intikisa Machu Picchu Golden Mix
- 1 ripe banana
- Ice to taste



Description

Baked cookies rich in protein and free from refined flours. Thanks to Intikisa's Machu Picchu Mix, they contain cocoa and nutrients from quinoa and maca. They're perfect for a snack with coffee or tea, providing long-lasting energy.

Ingredients

- 1 cup puffed quinoa (pop quinoa)
- ½ cup whole wheat flour or ground oats
- 2 tablespoons Intikisa Machu Picchu Golden Mix
- 1 large egg (or vegan substitute)
- ⅓ cup honey or agave syrup
- ¼ cup melted coconut oil
- 1 teaspoon ground cinnamon
- 1 pinch sea salt

Energy Cookies

Instructions

1. Preheat the oven to 180°C and line a baking sheet with baking paper.
2. In a bowl, mix the puffed quinoa, flour, Intikisa Machu Picchu Mix, cinnamon, and salt.
3. In another bowl, beat the egg with the honey and melted coconut oil.
4. Mix the wet and dry ingredients until a sticky dough forms.
5. Using a spoon, form small mounds of dough on the baking sheet and flatten them slightly to form a cookie shape.
6. Bake for 12 to 15 minutes or until the edges are golden brown.
7. Let cool slightly before removing from the pan.

Expected result:

Golden cookies, crispy on the edges and slightly soft on the inside. When you bite into them, you'll taste the crunchy texture of the puffed quinoa. The flavor is reminiscent of soft chocolate with hints of cereal.



Baked Oatmeal

Instructions

1. Preheat the oven to 180°C and lightly grease a baking dish.
2. In a large bowl, combine the oats, Intikisa Machu Picchu Mix, and cinnamon. Mix well.
3. Add the apple (or banana), egg, honey, and milk. Mix until you have a smooth batter. If it's too dry, add a little more milk.
4. Pour the mixture into the baking dish and smooth the top. If desired, add nuts or chips on top.
5. Bake for 25–30 minutes or until the top is golden brown and firm.
6. Let cool slightly before cutting into wedges.

Expected result:

It resembles a rustic oat cake with visible pieces of fruit and nuts. Upon tasting, the texture will be moist and soft, with a delicious aroma of cinnamon and cocoa. Machu Picchu Mix is a nutritious option for your breakfast or snack.

Description

A bakeable oatmeal breakfast that's baked in the oven for a unique twist. It includes fruit and Intikisa's Machu Picchu Mix to enhance its nutritional value. The quinoa and maca in the mix provide plant-based protein and vitamins.

Ingredients

- 1 1/2 cups whole-grain oats
- 1 grated or mashed apple (mashed banana also works)
- 1 egg or egg substitute (e.g., extra applesauce)
- 1 tablespoon ground cinnamon
- 2 tablespoons Intikisa Machu Picchu Golden Mix
- 2 tablespoons honey or brown sugar
- 1 cup milk (can be plant-based)
- Nuts or chocolate chips for garnish (optional)



Description

A vibrant pink smoothie, combining the sweet taste of raspberries with the energizing touch of cocoa. Intikisa's Machu Picchu Golden Mix enhances this smoothie with protein and vitamins. A refreshing treat that strengthens your immune system and energy.

Ingredients

- 1 cup raspberries (fresh or frozen)
- 1 banana
- 1 tablespoon Intikisa Cacao Powder
- 2 tablespoons Intikisa Machu Picchu Golden Mix
- 1 cup coconut water or orange juice
- Honey to taste (optional)
- Ice if using fresh fruit

Vibrant Smoothie

Instructions

1. In the blender, add the raspberries, banana, Intikisa Cacao Powder, Intikisa Machu Picchu Mix, and your chosen liquid.
2. Blend until smooth. Add honey to taste and blend again.
3. If it's too thick, add more liquid; if it's too thin, add a few ice cubes.
4. Serve in a tall glass and garnish with a few whole raspberries or mint leaves.
5. Enjoy this colorful and nutritious smoothie!

Expected result:

A bright pink smoothie with a creamy texture. When you drink it, you'll notice the natural acidity of the raspberries softened by the banana, with a light chocolate aftertaste. The smoothie should taste fresh and slightly sweet.



Healthy Mousse

Instructions

1. Scoop out the avocado pulp and place it in a blender or food processor.
2. Add the cocoa powder, honey/syrup, vanilla, Intikisa Machu Picchu Mix, and a pinch of salt.
3. Blend until smooth, free of avocado chunks.
4. Divide the mousse into individual glasses and refrigerate for at least 30 minutes to firm up.
5. Serve chilled and garnish with fruit or nuts, if desired.

Expected result:

A dark brown, creamy, and spongy mousse. It should remain firm after refrigeration. The flavor will be intensely chocolatey with a slight nutty/quinoa seed aftertaste.

Description

A creamy, vegan, and healthy mousse. The avocado provides healthy fats and creaminess, while Intikisa's Machu Picchu Mix and cocoa provide protein and antioxidants. It's a light, filling, and nutritious dessert.

Ingredients

- 1 large ripe avocado
- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons agave syrup or coconut honey
- 1 tablespoon Intikisa Machu Picchu Golden Mix
- 1 teaspoon vanilla extract
- Pinch of sea salt



Ingredients

- 1 cup almond flour (or whole wheat flour).
- 1/2 cup Machu Picchu blend (a blend of maca, quinoa, and cacao).
- 1/2 cup honey or maple syrup.
- 1/4 cup melted coconut oil.
- 2 eggs.
- 1 teaspoon vanilla extract.
- 1/4 teaspoon salt.
- 1/4 cup dark chocolate chips (optional).

Explosive Brownie

Instructiones

1. Preheat the oven to 180°C and grease a baking dish.
2. In a large bowl, mix the almond flour and Machu Picchu Mix.
3. In another bowl, beat the eggs with the honey, melted coconut oil, vanilla, and salt.
4. Add the liquid mixture to the flour mixture and Machu Picchu Mix, and stir until well combined.
5. If desired, add the chocolate chips and mix gently.

Expected result:

A healthy brownie that provides energy and helps satisfy that sweet tooth, while still taking care of our body. Your body will thank you for it.



Healthy Quaker

Instructions

1. Pour the milk (or water) with a pinch of salt into a small saucepan. Bring to a gentle boil over medium heat.
2. Add the oats, reduce heat, and simmer for a few minutes, stirring frequently. This will prevent sticking and achieve a creamy texture.
3. Add the 2 tablespoons of Intikisa Machu Picchu Golden Mix and the cinnamon. Mix well to dissolve the ingredients in the hot oats.
4. Add the banana slices and honey (or panela). Cook for 1-2 more minutes until the banana softens slightly and the oats thicken to your liking.
5. Remove from heat and pour the oats into a bowl. Top with optional toppings (nuts, seeds, or fresh fruit) for extra texture, flavor, and nutrients.

Ingredients

- ½ cup whole-grain oats (flaked or instant)
- 2 tablespoons (approx. 15 g) of Intikisa's Machu Picchu Golden Mix
- 1 cup milk (or water, for a lighter version)
- 1 sliced ripe banana
- ½ teaspoon ground cinnamon
- 1 tablespoon honey or panela (optional, to taste)
- A pinch of salt
- Serving options: chopped nuts, seeds (chia, flaxseed), or extra fresh fruit





MIX MACA



Description

Refreshing mango and pineapple smoothie, packed with maca powder. Maca is highly energizing and nutritious, rich in carbohydrates, potassium, calcium, iron, and vitamins B and C. This smoothie helps improve your vitality and overall well-being.

Ingredients

- 1 cup frozen mango cubes
- ½ cup frozen pineapple
- 1 cup coconut milk (or milk to taste)
- 2 tablespoons Intikisa Maca Mix
- 1 teaspoon honey (optional)
- Ice if you want it colder

Batido de Maca

Instructions

1. Place the mango, pineapple, and coconut milk in a blender.
2. Add the Intikisa Maca Mix and honey, if using.
3. Blend at medium-high speed until smooth and smooth.
4. Taste and adjust the sweetness with more honey if you prefer a sweeter smoothie.
5. Serve in a glass and enjoy the smoothie chilled.

Expected result:

A creamy, aromatic, orange-yellow smoothie. It has a smooth texture with no fruit fragments. When you drink it, you'll experience a sweet tropical flavor with a characteristic earthy touch from the maca.



Latte de Maca

Instructions

1. Heat the milk in a saucepan over medium heat (not boiling).
2. Add the maca, cinnamon, and ginger. Stir continuously to dissolve well.
3. Remove from heat when it begins to steam.
4. Strain the infusion into a cup to remove any remaining ginger or whole cinnamon.
5. Sweeten with honey and serve hot.

Expected result:

Beige-colored drink with a light foam. It will smell of cinnamon and mild cocoa. When you drink it, you'll notice a sweet flavor with a hint of spice. It should feel creamy and comfortable with every sip.

Description

A comforting hot beverage, ideal for a relaxing break. Blend maca with spices like cinnamon or ginger for a warming effect. Maca provides sustained energy, antioxidants, and a naturally sweet touch.

Ingredients

- 1 cup milk (plant-based or regular)
- 1 tablespoon Intikisa Maca Mix
- ½ teaspoon ground cinnamon (or a cinnamon stick)
- ½ teaspoon grated ginger (optional)
- 1 teaspoon honey or panela (to taste)



Description

A nutrient-dense vegan breakfast or dessert. Chia seeds provide fiber and omega-3s, while maca adds protein and vitamins. Served with berries, it provides extra antioxidants to take care of your health.

Ingredients

- 3 tablespoons of chia seeds
- 1 cup of plant-based milk (almond, oat, etc.)
- 1 tablespoon of Intikisa Maca Mix
- 1 teaspoon of honey or syrup (optional)
- Fresh or frozen berries (strawberries, blueberries, raspberries)

Chia Pudding

Instructions

1. Mix the milk with the maca and honey until dissolved.
2. Add the chia seeds and stir well.
3. Let it rest in the refrigerator for at least 2 hours (or overnight).
4. Just before serving, stir the pudding and top with the berries.
5. Serve cold. You can garnish with mint or extra seeds.

Expected result:

Light-colored pudding (pale yellow from the maca) with gelatinous seeds scattered throughout. The layer of red berries will stand out on top. When you taste it, you'll notice a contrasting texture: creamy with a juicy touch from the fruit.



Whole Wheat Muffins

Instructions

1. Preheat the oven to 180°C (350°F) and line a muffin tin with liners.
2. In a large bowl, mix the flour, Intikisa Maca Mix, cinnamon, baking powder, and salt.
3. In another bowl, beat the egg with the applesauce (or oil), honey, and vanilla.
4. Stir the wet ingredients into the dry ingredients, add the grated carrot, and mix until combined (do not overmix).
5. Fill each muffin tin $\frac{3}{4}$ full.
6. Bake for 20–25 minutes or until a toothpick inserted comes out clean.
7. Let cool before enjoying.

Expected result:

Muffins golden on the outside, moist and fluffy on the inside. Carrot threads are present. The flavor is sweet, with soft vanilla notes and a delicate woody undertone from the maca.

Description

Tender and juicy homemade muffins. Carrots provide natural sweetness and fiber, while maca powder provides additional nutrients. These muffins are a perfect snack for children and adults, full of healthy energy.

Ingredients

- 1 1/2 cups whole wheat flour
- 2 tablespoons Intikisa Maca Mix
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 1 pinch of salt
- 1 cup grated carrot
- 1 egg (or vegan substitute)
- 1/2 cup applesauce or coconut oil
- 3/4 cup honey or brown sugar
- 1 teaspoon vanilla extract



Description

Portable, energy-rich snack. Blend oats, nuts, and maca for a nutrient-dense, additive-free homemade bar. Perfect for before or after a workout, as it provides plant-based protein, fiber, and healthy fats.

Ingredients

- 1 cup whole-grain oats
- ½ cup chopped nuts (walnuts, almonds, hazelnuts)
- 2 tablespoons Intikisa Maca Mix
- ½ cup almond or peanut butter
- 3 tablespoons honey or agave syrup
- ¼ cup seeds (flax, chia, pumpkin)
- Pinch of salt

Barrita de Maca

Instructions

1. In a bowl, combine the oats, nuts, seeds, and Intikisa Maca Mix.
2. Heat the nut butter with the honey until liquid and mix well.
3. Pour the liquid mixture over the dry ingredients and stir until a sticky dough forms.
4. Press the mixture into a small pan lined with waxed paper, pressing to compact.
5. Refrigerate for at least 1 hour and then cut into bars.

Expected result:

Firm, uniform bars that don't crumble when held. You'll see small pieces of nut in them. The flavor will be slightly sweet and pleasant, with a characteristic maca undertone.



CAMU CAMU POWDER



Smoothie Refrescante

Instructions

1. Place the berries, banana, and liquid in a blender.
2. Add Intiki Camu Camu Powder and honey if you need to sweeten it.
3. Blend until smooth. Add ice if you want it colder and blend again.
4. Serve immediately in a tall glass.
5. Garnish with extra fruit or a sprig of mint.

Expected result:

A deep purple smoothie, creamy and shiny. It feels thick thanks to the banana pulp. The flavor is fruity with a citrus note characteristic of camu camu.

Description

A colorful smoothie packed with vitamin C and antioxidants. Camu camu is an Amazonian fruit rich in vitamin C, which strengthens your immune system and provides natural energy. Combined with berries, this smoothie is bursting with flavor and benefits.

Ingredients

- 1 cup frozen berries (strawberries, blackberries, blueberries)
- 1 banana
- 1 cup coconut water (or orange juice)
- 2 teaspoons Intikisa Camu Camu Powder
- Honey or stevia to taste (optional)
- Ice (optional)



Description

A refreshing and antioxidant drink, perfect for hot days. Camu camu powder adds a vitamin boost to the classic lemonade, as well as a unique pink color. Ginger adds flavor and anti-inflammatory properties.

Ingredients

- 1 cup cold water
- Juice of 2 large lemons
- 1 tablespoon Intikisa Camu Camu Powder
- ½ teaspoon freshly grated ginger (optional)
- Honey or sugar to taste (optional)
- Lemon slices for garnish

Lemonade with Camu Camu

Instructions

1. In a pitcher, mix the water with the lemon juice.
2. Add the Intikisa Camu Camu Powder and stir well until dissolved.
3. Add the grated ginger (if using) and sweeten to taste.
4. Refrigerate for a few minutes or add ice.
5. Serve in glasses with ice and garnish with lemon slices.

Expected result:

Pale pink lemonade, refreshing and aromatic. It should taste citrusy with a slight sweetness. You'll notice the freshness of the lemon and the slight spiciness of the ginger combined with the distinctive flavor of the camu camu.



Creamy Yogurt

Instructions

1. In a glass or cup, mix the yogurt with Intikisa Camu Camu Powder and honey until well combined.
2. Place alternating layers of yogurt and granola.
3. Add the chopped fruit to the top layer.
4. Finish with a drizzle of honey and a few mint leaves for garnish.
5. Enjoy immediately to maintain the granola's crunchy texture.

Expected result:

A layered dessert of white (yogurt) and golden (granola). The fruit adds vibrant touches of color. When you taste it, the yogurt will feel smoother and more fragrant. Each layer adds different textures: creamy, crunchy, and juicy.

Description

Nutritious dessert or breakfast in a cup. Natural yogurt is combined with a little Camu Camu powder, providing a creamy texture and vitamins. Garnished with homemade granola and fruit, it's a delicious way to include antioxidants in your day.

Ingredients

- 1 cup of natural Greek yogurt (or yogurt of your choice)
- 1 teaspoon of Intikisa Camu Camu Powder
- 1 teaspoon of honey or stevia
- ½ cup of granola or muesli
- Fresh fruit (kiwi, mango, berries)



Description

Fluffy muffins with the natural sweetness of carrots and the tangy touch of camu camu. Rich in beta-carotene, fiber, and vitamin C, these muffins are an ideal healthy snack for children and adults.

Ingredients

- 1 cup whole wheat flour
- 2 tablespoons Intikisa Camu Camu Powder
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ¼ cup brown sugar or panela
- 2 eggs (or vegan substitute)
- ½ cup melted coconut oil
- 1 cup grated carrot
- ½ cup applesauce or plain yogurt

Camu Camu Muffins

Instructions

1. Preheat the oven to 180°C and prepare a muffin tin.
2. Mix the flour, baking powder, cinnamon, Intikisa Camu Camu Powder, and sugar in a bowl.
3. In another bowl, beat the eggs with the oil and applesauce.
4. Add the wet ingredients to the dry ingredients and mix until combined. Add the grated carrot and mix again.
5. Fill the tins ¾ full.
6. Bake for 20–25 minutes or until a toothpick inserted comes out clean.
7. Let cool before serving.

Expected result:

Deep yellow muffins with orange carrot veins. They'll have a sweet and spicy aroma. When eaten, they'll be tender and juicy. You'll notice the subtle citrus flavor of camu camu complementing the carrot.





LUCUMA POWDER



Creamy Ice Cream

Instructions

1. Cut the frozen bananas into chunks and place them in a high-powered blender.
2. Add the milk, lucuma powder, vanilla, and peanut butter.
3. Blend until smooth and icy (you can stop occasionally to stir the mixture if necessary).
4. Serve immediately as soft-serve ice cream or freeze for 1-2 hours for a firmer texture.
5. Garnish with granola, nuts, or chocolate chips if desired.

Expected result:

Pale yellow, creamy, and delicious ice cream. When you eat it, you'll taste its cold, dense texture, with a naturally sweet flavor reminiscent of soft caramel. The hint of lucuma is perceived as deep fruity flavors.

Description

An easy and healthy frozen dessert. Lucuma, known as the "gold of the Incas," is a natural sweetener rich in fiber and antioxidants. In this recipe, it replaces sugar, providing a sweet flavor with caramel notes without significantly raising the glycemic index.

Ingredients

- 2 frozen ripe bananas
- 1 cup almond milk (or other plant-based milk)
- 2 tablespoons Intikisa Lucuma Powder
- 1 teaspoon vanilla extract
- 1 tablespoon peanut butter (optional, for a creamier texture)



Description

A nutritious bowl packed with fruit and seeds. Lucuma enhances the smoothie bowl with its natural sweetness and antioxidants. Add colorful toppings for a complete meal packed with essential nutrients.

Ingredients

- 1 cup frozen mango
- 1 frozen banana
- 1 tablespoon Intikisa Lucuma Powder
- ½ cup coconut or almond milk
- ½ cup plain or coconut yogurt
- Toppings: raspberries, kiwi slices, chia seeds, chopped walnuts, shredded coconut, etc.

Lúcuma Bowl

Instructions

1. Blend the mango, banana, Intikisa Lucuma Powder, milk, and yogurt until you have a thick mixture.
2. Pour the mixture into a bowl.
3. Decorate with your favorite toppings in an attractive way.
4. Eat immediately, enjoying the combination of textures!

Expected result:

A light yellow bowl covered with bright and varied ingredients. The consistency should be thick (almost like soft-serve) to hold the toppings. The flavor will be sweet and fruity, with a caramel undertone typical of the lucuma.



Banana Pancakes

Instructions

1. Mix the flour, Intikisa Lucuma Powder, baking powder, and salt in a bowl.
2. In another bowl, beat the egg with the mashed banana, milk, and vanilla.
3. Add the wet ingredients to the dry ingredients and mix until combined without overmixing.
4. Heat a frying pan with a little oil.
5. Pour in portions of batter and cook each pancake for 2-3 minutes per side, until bubbly and golden brown.
6. Serve the pancakes warm with fresh fruit and a drizzle of honey.

Expected result:

Golden pancakes with light brown stripes, fluffy. The aroma will be sweet, reminiscent of caramel or honey. They will have a light texture when eaten.

Description

Fluffy banana-flavored pancakes with a touch of lucuma. Perfect for sweet breakfasts. Lucuma replaces some of the sugar, providing nutrients and antioxidants. Served with fresh fruit, they're an energizing option.

Ingredients

- 1 cup oat or whole wheat flour
- 1 tablespoon Intikisa lucuma powder
- 1 teaspoon baking powder
- 1 pinch salt
- 1 egg (or vegan substitute)
- 1 ripe banana, mashed
- 3/4 cup milk (adjust for consistency)
- 1 teaspoon vanilla extract
- Cooking oil



Description

A creamy vegan dessert with a sweet touch of lucuma and the intensity of cocoa. The combination of these ingredients creates a dessert packed with antioxidants and vitamins, without refined sugars.

Ingredients

- 1 can of full-fat coconut milk (refrigerate overnight)
- 2 tablespoons of Intikisa Lucuma Powder
- 1 tablespoon of Intikisa cocoa powder
- 2-3 tablespoons of agave syrup or coconut honey
- 1 teaspoon of vanilla extract

Lúcuma Mousse

Instructions

1. Open the can of refrigerated coconut milk and separate the solid cream that forms (reserve the liquid for another use).
2. In a bowl, whisk the coconut cream with the lucuma powder, cocoa powder, syrup, and vanilla until smooth.
3. Divide into individual glasses and refrigerate for at least 1 hour.
4. Serve chilled and, if desired, garnish with berries or grated chocolate.

Expected result:

Light brown mousse with a spongy, creamy texture. The flavor combines the sweetness of lucuma with the deep taste of chocolate. When chilled, it feels light and delicate.



Energy Bars

Instructions

1. In a bowl, mix the oats, Intikisa Lucuma Powder, nuts, seeds, and cinnamon.
2. Heat the nut butter with the honey until combined.
3. Pour the liquid mixture over the dry ingredients and stir well.
4. Press the mixture into a pan lined with wax paper.
5. Refrigerate for 2 hours or until firm. Cut into bars.

Expected result:

Firm, light beige bars with dark walnut flecks. You'll know they're well-cooked when they remain compact. The flavor will be sweet with hints of lucuma caramel and crunchy from the nuts.

Description

Easy-to-make homemade bars naturally sweetened with lucuma. Ideal for snacks and quick energy anytime. Lucuma powder adds golden color and natural sweetness, along with nuts and seeds for protein and fiber.

Ingredients

- 1 cup whole-grain oats
- 2 tablespoons Intikisa Lucuma Powder
- 1/2 cup chopped nuts (almonds, walnuts, raisins)
- 1/4 cup seeds (chia, flax, sunflower)
- 1/3 cup peanut or almond butter
- 3 tablespoons honey or agave syrup
- 1/2 teaspoon cinnamon (optional)



DEHYDRATED LOCHE SQUASH



Description

This smoothie combines tropical fruits with the rich flavor of dried pumpkin. The result is a drink packed with energy and nutrients: its high content of vitamin C and beta-carotene (provitamin A), powerful antioxidants that strengthen the immune system, stands out.

Ingredients

- 2 tablespoons of Intikisa Dehydrated Pumpkin Loche (rehydrated in warm water)
- 1 ripe banana or ½ cup of chopped mango
- 1 cup of natural orange juice (rich in vitamin C)
- ½ cup of natural yogurt or plant-based milk (oat, almond)
- 1 teaspoon of honey or panela (optional, to taste)
- Ice to taste

Energy Shake

Instructions

1. Place the tablespoons of Intikisa dehydrated loche in a bowl of hot water and let it sit for 5-10 minutes until softened. Drain off the excess water.
2. In a blender, combine the dehydrated loche squash, banana (or mango), orange juice, yogurt (or plant-based milk), and honey. Add ice to taste. Blend until smooth.
3. Taste and adjust the sweetness by adding more honey or orange juice if desired.

Expected result:

A bright orange smoothie with a creamy, smooth texture. Its flavor is sweet with a fresh citrus note. Every sip is comforting and energizing.



Andean Cream

Instructions

1. Soak the tablespoons of dehydrated loche in hot water for 10 minutes. Drain well.
2. In a saucepan, heat the olive oil over medium heat. Sauté the onion and garlic until golden and fragrant. Add the potato and sauté for a couple of minutes.
3. Add the dehydrated loche squash and broth. Stir in the sprig of herbs (rosemary or thyme). Cook covered over medium-low heat for about 15–20 minutes.
4. Remove the sprig of herbs. Carefully blend the mixture until smooth and creamy. Adjust the seasoning with salt and pepper.

Expected result:

A deep orange soup with a creamy, velvety texture. Its aroma is smoky and herbal, and the flavor is sweet and smooth, with a light herbaceous note from rosemary. Each spoonful envelops you with warmth.

Description

This butternut squash cream is smooth and nutritious, taking advantage of the digestive and protective benefits of this ancient squash. Butternut squash is rich in fiber and antioxidants, so in addition to warming the body, it helps care for your digestive system and strengthens the stomach lining.

Ingredients

- 3 tablespoons of Intikisa dehydrated pumpkin (rehydrated in hot water)
- 1 medium potato (or carrot), peeled and cubed
- ½ chopped onion
- 2 cloves of minced garlic
- 2 cups of vegetable or chicken broth (low sodium)
- 2 tablespoons of olive oil
- 1 sprig of rosemary or fresh thyme (optional)
- Salt and pepper to taste
- Light cream or grated fresh cheese for garnish (optional)



Description

This fresh salad takes advantage of the versatility of dried butternut squash to add color and nutrients to your meals. The butternut squash provides sweet, soft chunks that add texture to the dish, and its richness in vitamins and fiber makes every bite a healthy explosion.

Ingredients

- 1 cup fresh green leaves (spinach)
- ½ cup cooked quinoa
- 3 tablespoons Intikisa Dried Pumpkin Loche
- ¼ cup halved cherry tomatoes
- ¼ cup chopped yellow bell pepper
- 2 tablespoons red onion
- 1 diced avocado (optional)
- 2 tablespoons nuts, seeds, or crumbled cottage cheese

Vital Salad

Instructions

1. Combine the rehydrated loche water with the oil, vinegar, garlic, and spices in a blender or mixer. Blend until emulsified and you have a light orange dressing.
2. In a large bowl, combine the green leaves with the quinoa, tomato, bell pepper, and onion. Add the rehydrated loche squash (previously chopped if it's very large).
3. Drizzle the loche vinaigrette over the salad and mix well. Garnish with avocado and nuts or cheese, if using.

Expected result:

A colorful and attractive salad, with deep green leaves and orange highlights from the loche and dressing. The texture is crisp and fresh from the vegetables, with soft, sweet chunks of loche squash.



Energy Bars

Instructions

1. Soak the loche in hot water for 10 minutes, drain, and finely chop or blend.
2. In a bowl, mix the nut butter with the honey (and cinnamon, if using).
3. Stir the oats, walnuts, and loche into the wet mixture. Add a pinch of salt. Mix until you have a smooth, sticky dough.
4. Spread the mixture into a rectangular pan lined with waxed paper.
5. Bake at 180°C (350°F) for 15–20 minutes, or refrigerate for 1 hour if you prefer unbaked bars.

Expected result:

Light golden bars, slightly crispy on the edges and soft inside. They are dotted with orange and brown pieces (oat, nuts). Their flavor is sweet with a toasted touch from the oats and nuts.

Description

These homemade bars are the perfect healthy snack to give you energy throughout your day. By combining whole grain oats, nuts, and dried pumpkin, you get a food rich in fiber, plant-based protein, and vitamins.

Ingredients

- 1 cup whole grain rolled oats
- ½ cup almonds, walnuts, or mixed seeds (chopped)
- 3 tablespoons Intikisa dehydrated pumpkin (rehydrated and chopped)
- 2 tablespoons peanut or almond butter (no added sugar)
- 2 tablespoons honey, melted panela, or agave syrup
- ½ teaspoon ground cinnamon (optional)
- 1 pinch of salt



Ingredients

- ¾ cup whole wheat flour (or a blend of wheat flour and ground oats)
- 3 tablespoons brown sugar or grated panela
- 2 teaspoons baking powder
- ½ teaspoon cinnamon (optional)
- 1 egg (or vegan equivalent)
- ¼ cup light vegetable oil (sunflower, coconut) or melted butter
- 3 tablespoons Intikisa dried pumpkin loche (rehydrated and pureed)
- ½ cup applesauce or plain yogurt (to maintain moisture)
- ¼ cup dark chocolate chips
- ¼ cup milk or plant-based milk (adjust if necessary)

Muffins Saludables

Instructions

1. Preheat the oven to 180°C (350°F) and place 6 paper liners in a muffin tin.
2. Sauté the tablespoons of milk in a little hot water, drain, and mash with a fork.
3. In a bowl, combine the flour, sugar, baking powder, and cinnamon.
4. In another bowl, beat the egg with the oil, applesauce (or yogurt), and milk puree. Add the milk little by little until combined.
5. Add the dry ingredients to the wet ingredients and mix gently. Do not overmix. Add the chocolate chips and stir with a spatula.
6. Divide the batter into the tins (almost to the top). Bake for 18–20 minutes or until a toothpick comes out clean. Let cool for a few minutes before removing from the pan.

