

6 Ultimate Aphrodisiac Recipes

Eating Your Way To High Desire And A Healthy Libido



Table Of Contents

✚ Introduction.....	3
✚ How aphrodisiac foods boost libido.....	3
✚ About cooking food.....	3
✚ Cauliflower and broccoli gratin.....	4
✚ Strawberry and feta salad.....	6
✚ Salmon with roast asparagus.....	8
✚ Hot fish with ginger.....	10
✚ Melon juice power boost.....	12
✚ Pomegranate glory smoothie.....	13
✚ Disclaimer.....	14

Introduction

Aphrodisiacs can be a fun way to increase sexual desire and libido naturally.

Combining libido-increasing foods with tasty, healthy cooking is an excellent way to improve your sexual desire in the most natural way possible.

All recipes here are suitable for unlimited people but the quantities indicated are for 2.



Avocados boost libido

How Aphrodisiac Foods Boost Libido

Certain foods help you to maintain a naturally high sex drive if you eat them more often.

We know that these special foods can boost libido because of their tested and proven effects on the human body.

For example, cauliflower helps to boost the male hormone testosterone in a man. Testosterone is the male hormone responsible for sexual potency and desire. Higher levels of testosterone and lower levels of estrogen in a man's body help to increase his sex drive if all else is well.

Naturally, for libido to remain permanently strong, a man should also take care of his physical shape, sleep well, partake in regular physical activity and avoid alcohol, smoking and poor nutritional habits.

About Cooking Food

Keep in mind that vegetables can lose much of their nutritional value when cooked at high temperatures. To feel the benefits of aphrodisiac foods in cooked meals and to preserve a maximum of nutrients, consider heating food gently and for a short period of time only.

Cauliflower & Broccoli Gratin

Cauliflower and broccoli are not everyone's favorite vegetables yet when they are cooked in a tasty gratin with crusty parmesan cheese they suddenly become delicious as well as very healthy.

You can serve this gratin with lean meat, such as chicken, beef or pork.

How It Works

Both broccoli and cauliflower contain high levels of indole-3-carbinol which helps to reduce estrogen as well as reportedly blocking the growth of cancer and fat cells.

Broccoli is also a vasodilator, which means that it expands the blood vessels in your penile area, allowing sufficient levels of testosterone to circulate freely, promoting sexual health.

Recipe

Preparation time: **15-20 minutes**

Cooking time: **30 minutes**

Ingredients for 2:

- 200g of cauliflower
- 200g of broccoli
- 30g of butter
- 30g of cream
- 1 onion
- 1 clove of garlic
- 20g of grated parmesan cheese
- Salt & ground pepper
- Fresh parsley
- 1 egg
- Half a cup of flour (optional)



Cooking Method

1. Boil a pan of water and when hot add the broccoli and cauliflower (4 minutes only total cooking time)
2. In a frying pan, gently cook the onion and garlic using some of the butter (4 minutes)
3. Heat the oven to 180°C (10 minutes)
4. In a separate mixing dish, add milk, parsley, some salt and pepper to make the sauce
5. Add the sauce mix on low heat to the onions in the frying pan (once the onions have already fried for 4 minutes)
6. Leave the sauce on low heat for 10 minutes
7. Remove and drain the cauliflower and broccoli and assemble in the baking dish, ready for cooking
8. Add an egg to the saucepan and whisk for 3 minutes, increasing heat to mark 3
9. Add half of the Parmesan cheese to the sauce mix and continue whisking (3 minutes); add more pepper and parsley to taste
10. If the sauce does not thicken enough, add a small amount of flour
11. Once the oven is ready at 180°C, pour the sauce (when semi-thick) onto the broccoli and cauliflower
12. Sprinkle more Parmesan cheese on the top of the dish, spread evenly
13. Cook in the oven for 15 minutes at 180°C
14. The dish is ready to serve once cooked



Strawberry & Feta Salad

This is an excellent tasty dish as a starter and is especially refreshing during warm weather. Choose wild strawberries and organic feta and organic lettuce for improved taste and better nutritional value.

This can be served as a lunch dish, as a starter or even as a snack. Typically, it could be followed up by a chicken dish.

How It Works

Strawberry contains high amounts of zinc, a mineral many people are lacking. Introducing more zinc into the diet helps to boost testosterone and sex drive naturally.

Almonds contain high levels of fatty acids that promote hormonal balance and circulation. Their essential minerals such as magnesium and folic acid play a part in maintaining general health.

Recipe

Preparation time: **15-20 minutes**

- 10 raw almonds, sliced
- 2 cloves garlic, minced
- 1 teaspoon Dijon mustard
- 1/4 cup white wine vinegar
- 2 tablespoons balsamic vinegar
- 1 teaspoon of honey
- 1 tablespoon of brown sugar
- 1 tablespoon of olive oil
- 1 full organic romaine lettuce
- 30 fresh organic strawberries, sliced
- 25g broken feta cheese
- 1 full red capsicum, sliced
- 1 onion, chopped
- Freshly squeezed lemon juice (half a lemon)
- Fresh spinach leaves



Cooking Method

1. Using a frying pan, heat the almonds on their own on medium heat for 3- 4 minutes until they become light brown. Once toasted, set them on a plate
2. Cook the garlic in a dab of olive oil for 2 minutes
3. Blend together the cooked garlic, white wine vinegar, balsamic, , mustard, sugar and honey all together with the rest of the olive oil
4. Cut the lettuce (after washing thoroughly)
5. Mix together the capsicum, lettuce, feta and strawberries, spinach and onion
6. Add the dressing and toss the salad in a large bowl and serve



Salmon With Roast Asparagus

This is a tasty dish that can benefit your health in many ways. You may eat it as a main dish at any time of the year. Optionally, without the salmon it is still an excellent side dish to complement the main course.

How It Works

The main powerful libido booster here is of course, asparagus. This unsung hero of vegetables promotes vitamin E in your body, the same vitamin produced when you are exposed to sunlight which helps to increase testosterone levels naturally.

Salmon, especially wild salmon, contains omega 3 fats which help blood circulate and allow the testosterone rich blood to reach your genitals.

Recipe

Preparation time: **10 minutes**

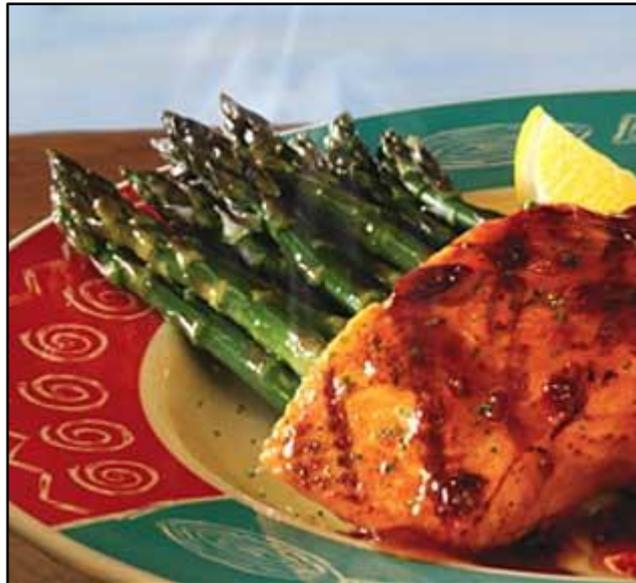
Cooking time: **70 minutes**

- 400g of small new potatoes
- 2 wild salmon fillets
- 8 asparagus stalks, trimmed and cut in half
- 20 or so cherry tomatoes
- Fresh basil
- 1 tablespoon of balsamic vinegar
- Half a lemon



Cooking Method

1. Heat the oven to 220°C (fan) or 200°C (using gas)
2. Squeeze one quart of the lemon juice onto the salmon to soak
3. Add the potatoes and olive oil to a baking dish, coating the potatoes with oil
4. Once the oven is ready, roast the potatoes for approximately 20 minutes
5. After 20 minutes, add the asparagus stalks to the baking tray and cook both asparagus and potatoes for another 15 minutes
6. Add cherry tomatoes together with balsamic vinegar, pepper and salmon to the baking dish and cook for 12-15 minutes longer
7. Once cooked, add the basil leaves and the other quart of the lemon juice, sprinkling over the dish
8. Serve directly from the dish within a minute and add salt to taste



Hot Fish With Ginger

Hot fish with ginger is a dish eaten in many Asian countries. It's tangy, spicy and very tasty indeed.

It can be eaten as a main dish and served with white wine.

How It Works

The limes provide ample vitamin C, said to help sperm production and sexual health in general. Fish helps to promote circulation by providing more omega 3 fats to the body.

Ginger is widely known to benefit sexual health primarily because of its effect on the blood vessels. Circulation is improved if we eat more ginger in general.

Recipe

Preparation time: **10 minutes**

Cooking time: **10 minutes**

- 2 fillets of wild red mullet
- 4 tablespoons of olive oil
- 1 clove of garlic
- 2 limes
- 2 lime leaves
- 1 sliced carrot
- 1 sliced chili
- 3 tablespoons of white wine vinegar
- 3 sliced spring onions
- Freshly ground pepper
- 1 tablespoon of brown sugar
- Half a cup of flour
- Stump of ginger
- Fresh coriander
- Salt and pepper



Cooking Method

1. Squeeze the limes into a saucepan, add the white wine vinegar and lime leaves (broken in) with the chilli, onions and carrot
2. Heat the saucepan to moderate heat for 2 minutes and add garlic
3. After 1 more minute add the pepper and brown sugar and dilute with half a cup of water and mix thoroughly to blend the flavors
4. Stir for 2 minutes more and then transfer the pan to a bowl
5. Take the fish fillets and roll them in flour, then fry in olive oil for 5-6 minutes on each side until they are golden and crispy
6. While the fish cook grate the ginger and chop the coriander, then add them both to your dressing and mix
7. Spoon the dressing onto the fish and serve with salad, potatoes or roasted vegetables



Melon Juice Power Boost

This powerful natural aphrodisiac uses water melon as its main ingredient and combines other energy-boosting fruits and vegetables for a potent kick.

The smoothie is best served very chilled and can be drunk at parties; outside on a warm summer's day or early in the morning.

How It Works

The water melon contains citrullin, often referred to as "nature's Viagra" due to the effect it has on boosting nitric oxide, which in turn causes a blood to flow to the genitals and vessels to dilate.

Onions, chilli and cayenne are reported to stimulate energy and the nervous system positively. Cayenne extract is often used in supplements to improve libido naturally.

Recipe

Preparation time: **10 minutes**

Chilling time (optional): **90 minutes**

- Half a watermelon
- 1 Red onion
- 1 Red pepper
- 1 Jalapeno pepper
- 1 Field cucumber
- Salt and pepper
- Cayenne pepper



1. Seed the water melon, then cut and liquidize in the blender (except for the rind)
2. Chop up the onion, chilli and red pepper (capsicum)
3. Peel and chop the cucumber into chunks
4. Mix all and blend with some salt, pepper and cayenne to taste
5. Chill for 90 minutes or so, or according to taste or add crushed ice

Pomegranate Glory Smoothie

Another fast-acting natural libido booster that is easy to make, this smoothie includes an interesting alternative to water melon: pomegranate.

Again, it can be served at any time as long as it's chilled and may be tasted with vodka on social occasions.

How It Works

Pomegranate extract is one of the main ingredients of a leading male health supplement and works by dilating the blood vessels, allowing extra blood and hormones to flow freely down there.

Ginger further enhances the aphrodisiac properties of this smoothie and lemon juice boost vitamin C levels, which help sperm production.

Recipe

Preparation time: **10 minutes**

Cooking time (optional): **15 minutes**

- 500mg of water
- Half a cup of sugar
- 1 half teaspoon of cinnamon
- 1 pinch of nutmeg powder
- 1 pinch of ginger powder
- Half a lemon
- 8 medium sized pomegranates, skinned seeded and strained

1. Add all ingredients except the lemon and pomegranates to a saucepan
2. Heat the pan for 6-8 minutes until almost at boiling point
3. Simmer for 5 minutes on very low heat
4. Remove the cloves
5. Add the pomegranate juice and squeezed lemon juice to the mix
6. Keep at low temperature then take off the heat, while stirring
7. Garnish each glass with grated lemon peel and serve chilled



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