

# Aphrodisiac Secret

20 SEXIEST  
CLEAN CHEAT  
RECIPES



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## **Avocado**

Interestingly, the early Aztecs of Central America named the avocado tree *ahuacuati*, which translates to ‘testicle tree.’ So, the aphrodisiac properties of this delicious fruit have been known for some time! Avocados are touted for their many health benefits, such as good quality fats, high potassium content, along with beta carotene. Magnesium is also found in avocados, which allows us to relax, and vitamin E has been called the “sex vitamin.”

## **Avocado Chocolate Mousse**

### Ingredients:

1 avocado, mashed until smooth  
4 tbsp. raw cacao powder (or unsweetened cocoa powder)  
3 tbsp. raw honey  
2 tbsp. almond butter  
Salt to taste

### Instructions:

- With your hands, the back of a fork or a masher, mash your avocado until it is totally smooth.
- Once mashed, add your cacao powder, honey, almond butter and salt, and mix together well. Use a blender if you’d like, or an immersion blender.
- Serve!

## **Dark Chocolate**

While dark chocolate has many health benefits, particularly a high antioxidant profile and heart healthy properties, it is also a great aphrodisiac. Chocolate increases blood flow to sexual organs due to the amino acid L-arginine, which works effectively in both men and women. Furthermore, chocolate is known to stimulate mood and libido, due to its phenylethylamine content, which is known as the “romance chemical.”

## **Homemade Dark Chocolate**

Ingredients:

3 tbsp. raw honey  
½ tsp. vanilla  
½ cup coconut oil  
½ raw cacao powder

Instructions:

- In a small pot, melt your coconut oil. Now, add in cacao powder, honey and vanilla and mix everything together thoroughly.
- Pour mixture into a mold dish (or really any tray of choice), and place in the fridge for about an hour or until cool.

# Pomegranate

History tells us that pomegranates have often been associated and used to demonstrate fertility, perhaps due to its abundance of seeds. In fact, some say that the biblical forbidden fruit was not an apple, but a pomegranate. The reasoning behind pomegranate being an aphrodisiac food is that drinking pomegranate juice daily can help to lower our stress hormones, which correlates to an increase in testosterone in both women and men.

Testosterone is the hormone largely responsible for our sex drive. Try incorporating the seeds into salads, and make this smoothie to reap the aphrodisiac benefits of pomegranate.

## Char-Grilled Lamb with Tangy Pomegranate Molasses

Serves: 7

Ingredients:

4 to 5 pounds of boneless leg of lamb, rolled and tied  
½ cup pomegranate molasses, plus extra for serving  
Salt and pepper to taste

### **Pomegranate Molasses:**

4 cups pomegranate juice  
½ cup sugar  
1 tablespoon freshly squeezed lemon juice

Instructions:

### **Pomegranate Molasses:**

- Place the pomegranate juice, sugar and lemon juice in a 4-quart saucepan set over medium heat.
- Cook, stirring occasionally, until the sugar has completely dissolved. Once the sugar has dissolved, reduce the heat to medium-low and cook until the mixture has reduced to about 1 cup, the consistency of thick syrup (approximately 1 hour and 10 minutes).
- Remove from the heat and allow to cool in the saucepan for 30 minutes. Transfer to a glass jar and allow to cool completely before covering and

storing in the refrigerator (Can be stored for up to 6 months)!

**Lamb:**

- Preheat grill to 375 degrees F.
- Unroll the lamb and brush on all sides with the molasses.
- Season on all sides with salt and pepper.
- Roll the lamb up and secure with butchers' twine.
- Place the lamb over indirect heat and cook for 15 minutes, brush with the molasses again (Turn 1/4 turn and cook for another 15-17 minutes)
- Complete the brushing and turning procedure 2 more times for a total cooking time of approximately 1 hour OR until the lamb reaches an internal temperature of 130° F.
- Remove from heat and allow to rest for 10 minutes before slicing. Serve with molasses

## Cherries

Cherries contain a myriad of aphrodisiac nutrients that are key to sexual performance. The two primary properties of cherries that make them an excellent aphrodisiac food are their potassium content, which boosts sex hormone production, and cherries are said to also support and produce pheromone production. Eat up!

## Pork Tenderloin with a Rich Cherry Reduction

Serves: 4

### Ingredients:

1 ¼ pounds pork tenderloin (sliced into 1/2-inch thick medallions)  
½ tsp. salt, divided  
¼ tsp. pepper  
2 tsp. olive oil, divided  
2 tbsp. shallots, chopped  
¾ cup low-sodium chicken broth  
2 tbsp. balsamic vinegar  
¼ cup dried tart cherries

### Instructions:

- Season the pork medallions with ¼ tsp. of salt and pepper.
- Heat 1 tsp. oil in a large (nonstick skillet) over a medium-high heat and cook the meat until there is just a small pinkish color in the center (about 3 minutes per side).
- Transfer the meat to a plate and tent with foil.
- Add the remaining teaspoon of oil and the shallots to the pan and sauté until they begin to soften (about 1-2 minutes)
- Add the chicken broth, balsamic vinegar, the remaining ¼ tsp. of salt and the cherries and cook until the liquid is reduced in half (about 4-5 minutes)
- Season with salt and pepper, to taste.
- Pour the sauce over the pork medallions and serve.

## Watermelon

Watermelon tops the list for aphrodisiac foods, along with a whole list of other nutrient benefits. Watermelon is high in the phytonutrient citruline, which converts to the amino acid arginine that is key for blood vessel relaxation. So, watermelon is thought to improve blood flow to erectile tissue and increase arousal in both men and women.

## Grilled Fish Tacos with Watermelon Salsa

Serves: 4

### Ingredients:

½ small red onion, finely diced  
½ cup fresh cilantro, roughly chopped  
Juice of 2 limes  
1 jalapeno pepper, seeded and finely diced  
1 tbsp. PLUS 2 tsp. extra-virgin olive oil, separated  
1 lb. skinless wild striped bass fillets or halibut  
1 tsp. chipotle chile powder  
1 romaine lettuce (preferably the heart), thinly sliced  
8 corn tortillas  
1 avocado, sliced  
Pinch of salt and pepper

### Instructions:

#### Watermelon salsa:

- Combine the watermelon, red onion, cilantro, limejuice and jalapeno in a bowl.
- Toss with 1 tbsp. olive oil and ½ tsp. salt
- Toss the lettuce with 2 tbsp. of the juices from the watermelon salsa and a pinch of salt.

#### Tacos:

- Preheat a grill to high.
- Sprinkle the fish on both sides with the chili powder and ½ tsp. salt;

- Drizzle both sides with the remaining 2 tsp. olive oil.
- Brush the grill with olive oil and add the fish.
- Grill until cooked through, 4 to 5 minutes per side.
- Transfer the fish to a plate and break into small pieces.
- Cover with foil until ready to serve.
- Warm the tortillas on the grill.
- Fill with the fish, watermelon salsa, avocado and lettuce.

## **Arugula**

Along with being an excellent digestive support due to its bitter taste that promotes stomach acid production, arugula can also do wonders in the bedroom! This leafy green has historically been called the “love drug,” due to the vast amounts of trace minerals found in nutrient make-up. These minerals help to stop the absorption of libido-lowering contaminants into the body, therefore protecting the reproductive organs.

Arugula is great in a salad, mixed with other vegetables OR try adding it to your morning smoothie for a peppery flare.

## **“Love Drug” Arugula Salad with a Honey Mustard Dressing**

Serves: 2

Ingredients:

5 cups organic arugula, washed  
2 tomatoes, chopped  
1 avocado, peeled and thinly sliced  
1 tbsp. chopped walnuts (optional)  
Salt and pepper to taste

Instructions:

- In a large salad bowl, place your arugula, tomatoes, salt and pepper.
- Mix all together until vegetables are thoroughly coated (with dressing BELOW), and top with avocado. Serve.

## **Honey**

Honey is another superfood that has been long known for to be an effective aphrodisiac. First of all, honey promotes testosterone production in men, and estrogen production in women due to the presence of the important mineral, boron. Also, honey offers a boost to nitric oxide levels, which are essential for circulation and is a chemical released during arousal. Cultures around the world have used honey as an aphrodisiac for generations!

## **Honey Mustard Dressing**

Ingredients:

5 tbsp. Dijon or other gluten free mustard

3 tbsp. raw honey (softened, if necessary)

2 tsp. powdered ginger

2 tbsp. raw apple cider vinegar

**\*\*Simply whisk all ingredients together! This also keeps well in the refrigerator in an airtight container**

## Chili Peppers

Spicy chili peppers not only add great flavor to your favorite dishes, but also some great flavor to the bedroom! Chili peppers have the unique ability to release endorphins in the body, which are both natural painkillers and extreme energizers. Chili peppers work to increase heart rate and blood flow, and some even say that chili peppers give us a naturally flushed, sexy appearance!

### Spicy and Seductive Beef Chili

Serves: 6

#### Ingredients:

2 lbs. ground beef (grass-fed, ideally)  
2 onions, diced  
1 large bell pepper, finely chopped  
1 chili pepper, diced (remove seeds or keep some, depending on desired spiciness)  
3 garlic cloves, minced  
1-8 oz. canned kidney beans (all natural- low sodium)  
1-14 oz. canned tomato sauce (all natural- low sodium)  
1-28 oz. canned tomato puree (all natural- low sodium)  
1 ½ cups water or organic chicken or veggie broth  
3 tbsp. chili powder  
2 tbsp. cumin  
1 tsp. garlic powder  
1 tsp. onion powder  
2 tsp. pumpkin pie spice  
Salt and pepper to taste  
1 tbsp. coconut oil for cooking

#### Instructions:

- In a sauté pan, heat your coconut oil and add onions and bell pepper over medium heat. Stir until soft.
- Add ground beef and garlic next, breaking meat apart and stirring until meat is slightly browned.
- Add beans, tomato puree and sauce, water (or broth) and all spices,

bringing to a boil. Then, reduce to a simmer and cover, allowing to cook for 1-2 hours.

- Feel free to freeze and eat throughout the week!

# Oysters

Oysters really are at the top of the list for aphrodisiac foods, and the research exists to prove it. First of all, oysters are very high in the mineral zinc, which has been long known for its aphrodisiac properties (along with being a key immune booster). However, oysters also contain two unique amino acids, D-aspartic acid and N-methyl-D-aspartate, which set off a chain hormonal reaction that ends with testosterone production in men and progesterone production in females. Eat-up! Eating oysters raw provides the highest nutrient benefit.

## Sexy Oyster Shooters

Serves: 1-2

Ingredients:

10 raw oysters  
2 tbsp. coconut oil or grass-fed butter  
2 tbsp. fresh lemon juice  
Salt and pepper to taste  
Fresh dill, finely chopped

Instructions:

- Open your oysters and set them on a serving plate.
- Melt coconut oil or butter over the stove.
- Add lemon juice, salt and pepper.
- Mix everything together.
- Drizzle the sauce over all oyster halves, and top with fresh dill.

# **Pineapple**

Deliciously sweet and juicy and extremely versatile, the pineapple has been used throughout history as a homeopathic treatment for impotence and low libido. Even now, the Internet houses dozens of sexy recipes calling for a splash of pineapple juice to get your juices flowing

In just a 4 ounce serving, pineapple packs up to 50mg of vitamin C as well as a notable amount of manganese copper, B vitamins, dietary fiber, foliate, and pantothenic acid.

Vitamin C and Manganese are two of pineapple's most notable elements.

Vitamin C plays a key role in the daily functioning of our body. According to the US National Library of Medicine, vitamin C is necessary for normal growth and development as well as defending specific areas of the body against free radicals that can attack and damage normal cells.

Manganese is no slouch either, being attributed with bone production, skin integrity, blood sugar control and (like it's partner in crime vitamin C) protection against free radical damage.

So not do only you feel hot and sexy after eating a juicy piece of pineapple, but you are unknowingly doing your part to stay that way!

## **Asian Inspired Pineapple-Shrimp Kabobs**

Serves: 4-6

Ingredients:

¼ cup teriyaki sauce  
1 tbsp. minced fresh ginger  
½ tbsp. sugar  
½ tsp. crushed red pepper flakes  
1 dash kosher salt  
2 cloves garlic, minced  
1 green onions, sliced  
Juice of 1/2 lemon

1 fresh pineapple  
1 lb. jumbo shrimp, peeled and deveined  
¼ lb. bacon, package sliced in half

#### Instructions:

- Soaked about 20 wooden skewers in water for at least 30 minutes (up to 2 hours)
- Preheat the oven to 400°F.
- Set a roasting rack in a large baking pan.

#### Marinade:

- Pour the teriyaki sauce in a bowl with ginger, sugar, crushed red pepper, salt, garlic, green onions and lemon juice.
- Stir it around and set it aside.

#### Skewers:

- Cut the fresh pineapple into chunks
- Place a chunk of pineapple on top of a shrimp
- Wrap the whole thing in one of the half-slices of bacon.
- Stick a skewer through so that it holds the pineapple, shrimp and bacon.
- Brush with marinade
- Lay it on the rack in the pan.
- Continue with the remaining ingredients.
- Leave the skewers in the oven for 10 minutes (Basting the skewers with marinade if desired)
- Roast until the bacon is sizzling and the shrimp is cooked, about 15 minutes.

## **Pumpkin seeds**

This might seem like an unlikely aphrodisiac food, but you'd be surprised! First of all, pumpkin seeds are very high in the mineral zinc, which has been long known for its aphrodisiac properties (along with being a key immune booster). Zinc is a key mineral for testosterone production, again making it essential for increased libido in men and women. Interestingly, a study done by the Smell and Taste Treatment Research Foundation in Chicago found that upon smelling pumpkin (like in a pumpkin pie, for example), men experience increased penile blood flow. You can do no wrong with incorporating pumpkin seeds into your daily diet. This recipe idea below is quick, easy and delicious!

### **Sweet Roasted Pumpkin Seed Teaser**

2 cups pumpkin seeds  
2 ½ tbsp. raw honey  
2 tsp. cinnamon  
½ tsp. ginger  
½ tsp. nutmeg  
½ tsp. sea salt

#### **Instructions:**

- Preheat your oven to 350 degrees.
- While oven is heating, place the pumpkin seeds into a mixing bowl along with all other ingredients. Mix everything together thoroughly.
- Spread seed mixture evenly over a baking sheet lined with parchment paper, and bake for 15 minutes. Remove seeds once to mix, and roast for another 15-20 minutes.
- Remove, allow to cool, and enjoy!

# Cocoa Chili Grass-Fed Beef

Serves: 2

## Ingredients:

8-10 oz. grass fed flank steak  
1 tbsp. olive oil  
1/4 cup raw honey  
1/3 cup unsweetened cocoa powder  
Dash of paprika  
Dash of chili powder  
1 tsp. sea salt  
1 tsp. espresso, ground

## Sauce Ingredients:

1 tbsp. olive oil  
Half an onion, diced  
1/4 cup dried cranberries  
1/2 cup vegetable broth  
2 tbsp. balsamic vinegar  
Dash of rosemary  
Dash of sea salt

## Instructions:

- Preheat your oven to 375 degrees and grease a baking dish.
- Lay out steak and rub in olive oil and honey.
- Next, mix together cocoa, paprika, chili powder, salt and espresso. Combine well, and then apply evenly to steak and rub in, along with the olive oil and honey.
- Bake until meat is fully cooked, anywhere from 30-45 minutes.
- While steak is cooking, prepare your sauce by heating the olive oil on medium-low, and sautéing your onions until they appear translucent. Add veggie broth, vinegar, cranberries, rosemary and salt.
- Allow sauce to cook on low heat for 10 minutes, stirring occasionally.
- Once meat is done, drizzle sauce over it, and serve with a side salad.

## Sultry Seared Pomegranate Chicken

Serves: 2

### Ingredients:

12 oz. chicken breast  
1 tbsp. coconut oil  
8 oz. pomegranate juice (sugar-free)  
1 tbsp. honey or maple syrup  
1 tsp. cinnamon  
Pinch of salt and pepper

### Instructions:

- First, prepare the pomegranate sauce. Simply add all ingredients (except for the chicken) into a small saucepan and bring to a bowl. Lower the heat, and stir occasionally until sauce has thickened, up to 35 minutes. Set aside once done.
- Now, preheat your oven to 350 degrees.
- Lay out your chicken breasts and top with a bit of salt/pepper, along with melted coconut oil. Rub oil into the meat, and place into the oven, cooking until chicken is done (no more pink showing, anywhere from 20-40 minutes, depending on the thickness).
- Remove from oven once done, top with pomegranate sauce, and serve!
- This dish is wonderful with a side salad that includes pomegranate seeds.

## **Baked Salmon with Mango Salsa**

Serves: 2

Ingredients:

12-16 oz. wild salmon  
1 tbsp. coconut oil, melted  
Juice of 1 lemon  
2 garlic cloves, minced  
1/2 tsp. sea salt

Mango Salsa Ingredients:

1 mango, diced  
1/2-1 avocado, diced  
1/4 red onion, minced  
Juice of 1 lemon  
Salt and pepper to taste

Instructions:

- Preheat your oven to 350 degrees.
- Place salmon in a greased baking dish, and rub with coconut oil, lemon juice, minced garlic and salt until evenly coated.
- Depending on thickness of the fish, bake time will vary. Begin checking at 20 minutes and cook until done (20-35 minutes).
- While salmon is cooking, simply prepare your mango salsa by combining all ingredients in a serving bowl and mixing together.

- Serve salsa over salmon, and enjoy!

## **Ginger Glazed Halibut**

Serves: 2

Ingredients:

1 lb. wild halibut fillet  
Zest from one orange  
1 tbsp. fresh ginger root, grated  
3/4 tbsp. organic mustard  
2 cloves garlic, minced  
Juice of 2 oranges  
2 tbsp. coconut oil  
Salt and pepper to taste

Instructions:

- Begin by mixing together ginger, orange zest, orange juice, 1 tbsp. coconut oil, and mustard. Whisk vigorously until thoroughly combined.
- Marinate your halibut by placing the ginger mixture with the fish in a ziplock bag, and making sure fish is evenly coated. Allow to marinate for a minimum of one hour, preferably longer.
- To cook, set your oven to a high broil.
- Place halibut and marinade in a baking dish, and place on the oven rack that is closest to the top of the oven.

- Let fish bake for up to 15 minutes, but check at 10. You want the top to be crispy, but be sure the fish is completely cooked.
- Serve with a green leafy salad!

## **Shrimp and Pomegranate Delight**

Serves: 2

Ingredients:

*\*You will need skewers for these and a grill*

20 shrimps, peeled and deveined

1 lemon, sliced

Juice of 1 lemon

Pinch of chili powder (amount depends on desired spiciness)

1 tbsp. olive oil

Salsa Ingredients:

1/4 cup pomegranate seeds (roughly one pomegranate's worth)

1/2 small yellow onion, finely diced

1 jalapeno pepper, minced

1/4 cup fresh parsley

1/4 cup fresh cilantro

Juice of 1 lemon

Salt to taste

Instructions:

- Begin by placing shrimp and lemon wedges on your skewers, and brush them with olive oil, salt, pepper and chili powder.
- Once your grill is hot, cook the skewers for no more than 3 minutes (or less) on one side, then another minute or two on the other. Drizzle with more lemon juice once the shrimp are cooked.
- Combine salsa ingredients in a serving bowl, and serve over shrimp skewers.

## **Sweet and Savary Fennel Salad**

Serves: 2

Dressing Ingredients:

Juice from 1 lemon

1 tbsp. maple syrup

1 tbsp. raw honey

3 tsp. fresh ginger root, grated

2 tbsp. olive oil

2-3 tbsp. toasted walnuts or almonds

Salad Ingredients:

1 cup fennel bulb, thinly sliced  
1 cup pineapple, diced  
1/4 red onion, finely sliced  
1 cup avocado, diced  
3 cups spinach

Instructions:

- First, assemble all salad ingredients in a large bowl, and mix together.
- Next, whisk together all dressing ingredients in a small bowl, keeping toasted nuts aside. Add salt and pepper to taste, and drizzle over salad.  
Toss.
- Serve with toasted walnuts or almonds on top.

## **Caramelized Brussels Sprouts with Pomegranate**

Serves: 2

Ingredients:

4 cups of Brussels sprouts, halved  
1/3 cup olive oil  
Juice of 1 orange  
Juice of 1/2 lemon  
Zest from your orange

1 tbsp. raw honey  
4-5 tbsp. pomegranate seeds (optional)

Instructions:

- Place oil in a sauté pan and heat on medium-low. Once hot, add the Brussels sprouts and allow to cook for just around 5 minutes. Stir occasionally.
- After 5 minutes, add orange and lemon juice, and turn heat up to high. Cook until juice has almost all evaporated.
- Add honey and turn heat down to a simmer, allowing to cook/Brussels sprouts to caramelize.
- Last step is adding in salt/pepper to taste, and topping with orange zest and pomegranate seeds.
- Allow salad to cool if you'd like, and serve!

## **Cooling Berries and Greens Salad**

Serves: 2

Salad Ingredients:

1-2 cups arugula

1-2 cups spinach  
1 cup fresh raspberries  
1 cup fresh blackberries  
3 green onions, diced  
1/2 cup toasted pine nuts

Dressing Ingredients:

1 tbsp. raw honey  
1/4 cup balsamic vinegar  
1/4 cup olive oil  
1 shallot, minced  
Salt and pepper to taste

Instructions:

- Not only is this salad delicious, but it is super simple! Begin by mixing together all salad ingredients in your serving bowl.
- Next, add all dressing ingredients together and whisk vigorously.
- Toss salad with dressing, and serve!

## **Dreamy Chocolate Flank Steak**

Serves: 2

## Ingredients:

12 oz. grass-fed strip steaks  
1/2 tbsp. ground coffee  
1 tsp. chili powder  
1/2 tsp. onion powder  
1/2 tsp. paprika  
2 cloves garlic, minced  
1 tsp. coconut sugar  
1 tbsp. raw cacao powder  
Pinch of cinnamon  
Salt and pepper to taste

## Instructions:

- Prepare your steak by laying it out flat and trimming any large chunks of fat.
- Next, combine all other ingredients in a mixing bowl and mix thoroughly. Apply spice mixture to steak and rub in.
- Allow your steak to sit (covered) for at least one hour in the fridge.
- Preheat your oven to 400 degrees
- Grease a baking pan or cast iron skillet, and heat on high. Once heated, add your steak to the pan, and allow to sear for about 2 minutes on each side. Then, lower the heat to medium and cook steak until done. Remove from heat and set aside, covered.
- That's it! Garnish with coconut flakes if desired, and serve with a side salad.

## **Pan-Fried Coconut Oysters**

Serves: 2

Ingredients:

12 raw oysters, shucked (w/o shell, or with shell if you have the tools to remove them yourself)

3/4 cup coconut flour

2 eggs

Salt and pepper to taste

1/2 cup coconut oil

Sauce Ingredients:

1/4 cup organic or homemade mayonnaise

Juice of 1 lemon

2 tbsp. green onion, minced

Dash of cayenne pepper

Instructions:

- Mix together all sauce ingredients until creamy. Add a bit of fresh, chopped dill, if desired.
- Serve raw oysters alongside dipping sauce, and enjoy!