



Mushroom Elixir

SUPPORT YOUR IMMUNE SYSTEM, LIVER AND ADRENALS WITH
MEDICINAL MUSHROOMS

Ingredients

1.5 cups plain full-fat organic coconut milk
1/2 tsp each of organic powdered mushrooms - chaga, reishi, shitake & maitake
1 tsp chia seed
1 tbsp raw organic honey
2 pitted medjool dates (more if you want it sweeter!)
2 tbsp raw cacao powder
1 tsp maca powder
1/2 tsp turmeric powder
Himalayan sea salt to taste

Method

First blend all ingredients in a blender.

Then place it in a saucepan to warm up

Enjoy!