

Reishi Cocoa

½ tsp. Reishi mushroom powder

½ tsp. Cacao powder

1 Tbsp. Nondairy milk (almond or coconut milk)

1 tsp. Maple syrup or honey

1 C. Hot water

Mix all ingredients and enjoy. Serves 1 person. Reishi has a rich, sweet flavor, which lends itself well to the rich deep flavor of cacao powder. Reishi is anti-cancerous, antimicrobial, immune regulating, heart protective, great for mind and memory cognition, also great for sleep and other needs. This mushroom along with cacao is a mouth and whole-body pleaser for sure!

If you want, try blending this mix up with cold water and pour over ice for a cool treat.

Recipe by Kelly Pomeroy