



**REALMUSHROOMS**  
100% PURE + ORGANIC

# RECIPE BOOK



# Introduction + Contents



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## WELCOME TO OUR RECIPE BOOK

By starting with high quality mushrooms and taking a scientific approach following traditional practises, we aim to give you a completely pure and organic product that has scientific verification of the active ingredients that mushrooms derive their benefits from.

We're extremely happy to introduce the Real Mushrooms Recipe Book and we hope you enjoy Real Mushrooms as much as we do.

## OUR COMMITMENT TO YOU

WE PROVIDE THE BEST MUSHROOM EXTRACTS POSSIBLE

A photograph of three women in a social setting, smiling and laughing. The woman in the foreground is wearing a dark, textured sweater. The word "REAL" is overlaid in large, white, bold, sans-serif capital letters on the right side of the image.

# REAL





# REALMUSHROOMS

100% PURE + ORGANIC



QUALITY  
GROWN

## SCIENTIFICALLY VERIFIED FOR ACTIVE COMPOUNDS

NO GRAIN • NO STARCH • NO FILLERS

### 5 DEFENDERS | IMMUNE STRENGTH

A Blend of 5 High Quality Mushroom Extracts



- Made from extracts of Reishi, Shiitake, Chaga, Maitake and Turkey Tail fruiting bodies
- USDA Certified Organic
- Certified Kosher, Gluten-Free, Non-GMO, Vegan
- >20% Beta-glucans, >4% Reishi Triterpenes, <3% Starch
- No added starch, mycelium, or grain of any kind
- Bulk Extract Powder, 45g, 30–45 servings – Capsules, 45 servings



### CORDYCEPS-M | PEAK PERFORMANCE

100% Organic Cordyceps Militaris Mushroom



- Water extracted from 100% Cordyceps militaris fruiting bodies
- Genuine fruiting bodies
- USDA Certified Organic
- Certified Kosher, Gluten-Free, Non-GMO, Vegan
- >25% Beta-glucans, >0.3% Cordycepin, <3% Starch
- No added starch, mycelium, or grain of any kind
- Bulk mushroom extract powder, 60g, 60 servings – Capsules, 45 servings



### LION'S MANE | COGNITION

100% Organic Lion's Mane Mushroom



- Water extracted from 100% Lions Mane fruiting bodies
- USDA Certified Organic
- Certified Kosher, Gluten-Free, Non-GMO, Vegan
- >30% Beta-glucans, <3% Starch
- No added starch, mycelium, or grain of any kind
- Bulk Extract Powder, 60g, 30–60 servings – Capsules, 45 servings



### REISHI 415 | LONGEVITY

100% Organic Reishi Mushroom



- From 100% organic fruiting bodies
- Extracted with hot water and alcohol (dual extraction)
- USDA Certified Organic
- Certified Kosher, Gluten-Free, Non-GMO, Vegan
- >15% Beta-glucans, >4% Triterpenes, <3% Starch
- No added starch, mycelium, or grain of any kind
- Bulk mushroom extract powder, 30g, 30 servings – Capsules, 45 servings



### CHAGA | INNER HEALTH

100% Organic Chaga Sclerotium Mushroom



- Hot water extracted from 100% Chaga sclerotium
- USDA Certified Organic
- Certified Kosher, Gluten-Free, Non-GMO, Vegan
- >10% Beta-glucans, <5% Starch
- No added starch, mycelium, or grain of any kind
- Bulk extract powder, 60g, 60 servings – Capsules, 45 servings



### TURKEY TAIL | IMMUNE SUPPORT

100% Organic Turkey Tail Mushroom



- Hot water extracted from 100% turkey tail mushrooms
- USDA Certified Organic
- Certified Kosher, Gluten-Free, Non-GMO, Vegan
- >30% Beta-glucans, <5% Starch
- No added starch, mycelium, or grain of any kind
- Bulk Extract Powder, 45 grams, 30–45 servings – Capsules, 45 servings





# DRINKS & SMOOTHIES





## DESCRIPTION

Here is a festive and nourishing smoothie to fire things up this holiday season! You've got many things going for it. It contains cashews, which are an excellent source of monounsaturated fats. Cashews are rich in minerals like copper, manganese, and magnesium. This smoothie is infused with Real Mushrooms 5 Defenders, which contains 5 key medicinal mushrooms (reishi, chaga, maitake, shiitake, and turkey tail) known to support/boost our immune system. This smoothie could serve many forms as either a preworkout, postworkout and or a solid snack between meals. Let's dive into the recipe, shall we!?

## INGREDIENTS

- 2 to 3 Tbsp raw, organic cashews or pecans
- 1 Tbsp cashew butter
- ½ tsp Real Mushrooms 5 Defenders
- 2 Tbsp dark chocolate chips (aim for 70% cacao content)
- 1 tsp peppermint extract
- handful of fresh mint
- 1.5 Tbsp cacao nibs
- 1 Tbsp cacao powder
- 1 tsp ceylon cinnamon
- ⅓ tsp ginger
- dash of cayenne
- 3 medjool dates
- 1 scoop of ideally chocolate mint protein flavor or vanilla protein  
(plantbased protein or grassfed whey or grassfed beef protein can work here)
- 1.5 cups unsweetened coconut milk
- ½ cup cold brew coffee
- ¼ maple syrup or coconut nectar
- Roughly 2 cups of ice

## INSTRUCTIONS

Add all ingredients and blend till desired consistency.



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## DESCRIPTION

Do you have any beets laying around the kitchen that need some love?! You are in good hands here!! Nettie of nourishing.roots has this vibrant Beet Mint Smoothie that has all kinds of colors, aromas, and nourishment here. You've got the nitric oxide blood flow boosting properties of beets. The healthy fats and high magnesium and zinc content of hemp seeds. The mood uplifting & alertness boosting properties of peppermint and spearmint. The high polyphenol content in the berry mix. Last but not least, are the cognitive enhancing benefits of Lions Mane mushroom make this a red-letter smoothie!

## INGREDIENTS

- ½ cup steamed beets
- ½ cup purple cabbage
- ½ cup dark berries like blueberries, raspberries, blackberries or a berry blend works well here!
- sprig of fresh mint (peppermint or spearmint works here!)
- 1 tsp Real Mushrooms Lions Mane
- 1 tsp Vitamin C powder (Acerola cherry based)
- 3 Tbsp hemp seeds

## INSTRUCTIONS

Add everything to the blender and spin till desired consistency. Water to thin if needed.

### THE REAL MUSHROOMS INSIDE STORY — WHY IS IT IMPORTANT TO CONSUME MUSHROOM EXTRACTS?

Extracting the mushroom breaks down the cell walls of the mushroom allowing the beneficial compounds (beta-glucans, triterpenes, etc.) to become available to us. The mushroom cell walls are made up of chitin, which our bodies do not have the enzymes to break down properly so if we just eat un-extracted mushrooms the active compounds are not as bioavailable to us. Hence, the requirement for extraction.



## DESCRIPTION

Do you find yourself having a hard time incorporating Turkey Tail mushroom into your everyday routine? Well, you are in luck here. This recipe tastes delicious and delivers an immune boosting punch whether you are having this as a post-workout meal or decadent dessert. Either route is sure to deliver here! Recipe details below:

## INGREDIENTS

- 2 to 3 frozen bananas**
- 1 to 2 Tbsp of organic peanut butter**
- 3 to 5 Tbsp of coconut cream**
- ¼ to ½ cup of coconut, almond, hemp milk (add more or less to improve the mixability in the blender)**
- A handful of coconut shreds**
- 1 scoop of organic plant-based or grass-fed whey protein powder of your choice**
- 1 tsp Real Mushrooms Turkey Tail Mushroom extract**
- 1 tsp ceylon cinnamon**
- 2 to 3 Tbsp cacao powder**
- ⅛ tsp ginger powder**
- ⅛ tsp cayenne powder**

## INSTRUCTIONS

Feel free to get fancy here and use any kind of topping of your choosing depending on what you have available. Add everything to the blender and blend till desired consistency! ENJOY ;)

### THE REAL MUSHROOMS INSIDE STORY — HOW IS A MUSHROOM EXTRACT MADE?

You take dried mushrooms and grind them into a fine powder.

Then you will cook them multiple times with water and/or alcohol. Water to release water soluble compounds. Alcohol to release non-water soluble compounds.

This cooking breaks down the cell walls of the mushroom allowing for the extraction of the beneficial compounds (beta-glucans, triterpenes, etc.). The mushroom cell walls are made up of chitin, which our bodies do not have the enzymes to break down properly so if we just eat fresh mushrooms the active compounds are not as bioavailable to us. Hence, the requirement for extraction.

The resulting liquid from cooking the mushrooms is drained off and concentrated to the desired consistency. If any alcohol is used in the extraction, it is precipitated out (removed).

The liquid is then sent to a spray dryer, which removes all the water, leaving you with the final powder.

So the final liquid is now a powder without any of the water and/or alcohol.



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## DESCRIPTION

We are on a tonic kick lately with drinks. Can you tell!?! This is another dandy of a recipe that uses our 5 Defenders mushroom blend. It compliments nicely with the other unique ingredients like coconut butter, cacao powder, and raw honey. The final results is this soothing and calming tonic drink that is sure to excite your senses and calm you down. This tonic could also serve as a nice hot cocoa alternative as well. Serve up, however, suits your fancy. ENJOY!

## INGREDIENTS

**500mL water, off boil for 2–3 minutes added to:**  
**1 pinch of celtic sea salt**  
**1 (slightly heaping) tbsp. of raw, organic, heirloom cacao**  
**1 tsp. coconut butter**  
**1 tsp. of Real Mushrooms 5 Defenders**  
**+ raw honey to taste**

## INSTRUCTIONS

Blend, top with black sesame seeds, and get satiated.

### THE REAL MUSHROOMS INSIDE STORY — DO MUSHROOMS CONTAIN VITAMIN D?

While many articles will tout mushrooms as being a good source of vitamin D, there's one special caveat; UV light. Mushrooms must be exposed to UV light in order to convert ergosterol, a fungal sterol, into Vitamin D2. Without UV light exposure, most mushrooms will have very little vitamin D.





## DESCRIPTION

Caffeine is quite the substance. Some folks praise it and how much better he or she performs whereas for some folks it hinders their performance in a lot of ways. Both perspectives have equal merit. I think it's safe to say that caffeine is very individual based and will vary from person to person. This leads me to our next topic of discussion. How do you still get that coffee like experience with that aroma, color, boldness, and stimulation, but without the stimulation!? This superb spiced mushroom elixir by Jonathan P. Shanks has just what the doctored ordered.

## INGREDIENTS

**Mug of organic brown rice milk (heated) (preferably sprouted brown rice)**  
**1 tsp raw organic cacao powder**  
**¼ tsp organic cardamom powder**  
**½ tsp Real Mushrooms Lion's Mane**  
**½ tsp Real Mushrooms Cordyceps-M**  
**½ tsp Real Mushrooms Reishi 415**  
**½ tsp of decent organic coconut oil**  
**Pinch of Himalayan salt**

## INSTRUCTIONS

Blend it all together for about a minute after heating the milk and it's good to go. You can use any milk you like and also swap out the cardamon for ginger, cinnamon, maca etc. The cacao and coconut oil give it a lovely thick chocolate texture.

## THE REAL MUSHROOMS INSIDE STORY — WHAT ARE BETA-GLUCANS?

Beta-glucans are complex carbohydrates that are found in a variety of different plants and fungi but the structure of the beta-glucans in mushrooms is special. This unique structure differentiates mushroom beta-glucans from other sources of beta-glucans. Beta-glucans make up the majority of the mushroom cell wall.



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## DESCRIPTION

I don't know about you, but I have been on a blueberry kick lately. I just can't get enough of these phytochemical rich berries known to guard our bodies against oxidative stress as well nourish our eyes and brain. This very recipe is something I make quite often and tend to keep the same. The only thing I might do different is swap out different proteins/meal replacement flavors/varieties. To shake things up a bit, I thought I would stack it with some 5 Defenders. I found that if you do add more than 1/2 tsp, it gives a nice bitter kick in the pants with the sweetness of berries and banana. I realize that this may not be for everyone, but it's worth trying here! Magic below:

## INGREDIENTS

- 1 to 1½ cup of frozen blueberries**
- ½ to 1 frozen banana**
- ½ tsp Real Mushroom 5 Defenders**
- 1 tsp ceylon cinnamon**
- ⅛ tsp ginger powder**
- 1 scoop of grass-fed whey or plant-based protein powder (vanilla)**
- 1 tsp Maca root powder**
- ⅓ to ½ cup coconut milk or cashew milk as needed here till it blends throughout. This can and will vary here. Keep that in mind!**
- ½ tsp vanilla extract**

## INSTRUCTIONS

Add everything to the blender and blend till desired consistency here. ENJOY dem Blueberries goodness!

## THE REAL MUSHROOMS INSIDE STORY — WHAT IS MYCELIATED GRAIN?

Mycelium is the vegetative state (think root system) of the fungal life cycle. The fungal lifecycle consists of spore, mycelium and mushroom. Mycelium is the stage that produces a mushroom but it is not a mushroom. Just look at some images in Google.

Myceliated grain or grain spawn or mycelium biomass is a method for producing the seed for growing fresh mushrooms. It has now been adopted by many "mushroom" ingredient suppliers as an inexpensive way to produce a "mushroom" supplement, yet in reality it is not a mushroom product. It is a grain based mycelium product similar to tempeh.

The process involves taking a plastic bag of sterilized, cooked grain (rice, oats, sorghum, etc), injecting it with a fungal culture (reishi, chaga, shiitake etc.) and allowing the mycelium to grow out on the grain. Once the mycelium is fully grown out on the grain, it is harvested and the mycelium with the grain is dried and turned into a powder. This produces a product that does not contain any mushrooms, though the package may say "mushroom" on it, and it has a very high starch content (upwards of 70%) because of the residual grain ending up in the final product. Because of all this added grain, the amount of fungal material in the product is very low, leading to very low levels of active compounds like beta-glucans.

Products made entirely from mushrooms, like Real Mushrooms, typically have 5-10x more beta-glucans than myceliated grain products.



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## DESCRIPTION

While this recipe may be a little on the early side of fall themed recipes. This recipe from Chris Swirski of @beetingtheodds is so worth making no matter the time of year! In all honesty, you can never have enough fall-themed recipes in my opinion! So even if you don't have the Pumpkin Spice Latte Cold Brew on deck. You can easily make up your own brew here to mimic this recipe quite well. That is the beauty of this! We hope you enjoy it! ;)

## INGREDIENTS

- 1 cup @calciafarms Pumpkin Spice Latte Cold Brew
- 1 tsp Real Mushrooms 5 Defenders
- 1 banana
- ½ cup pumpkin puree
- ½ uncooked whole grain oats
- 1 tsp pumpkin pie spice
- 1 Tbsp pure maple syrup
- ice

## INSTRUCTIONS

Blend all ingredients in a high-speed blender until smooth. Pour and enjoy!



## DESCRIPTION

When you combine cold brew coffee and medicinal mushrooms. Some magical things can happen. I would like to mention that this recipe goes best with the coffee brands mentioned below. Obviously, you are welcome to try any good quality organic coffee here! But this is most optimized using these coffee blends! Just food for thought! Without further ado, let the cold brew coffee amazingness begin!

## INGREDIENTS

- 1 cup cold brew coffee like deathwish or kimera koffee
- ½ cup coconut cream, almond milk or grass-fed dairy whole milk
- 1 tsp ceylon cinnamon
- ¼ tsp ginger
- ⅛ tsp cayenne pepper
- 1 Tbsp almond or cashew butter
- 1 tsp of Real Mushrooms Lion's Mane
- 1 tsp of Real Mushrooms Chaga
- 1 tsp of Real Mushrooms Cordyceps-M
- 1 scoop of vegan or grass-fed whey protein powder
- 1 to 3 drops of vanilla stevia
- handful of cashews and coconut shreds

## INSTRUCTIONS

Add everything to a blender and blend till desired consistency!

### THE REAL MUSHROOMS INSIDE STORY — WHY DO YOU USE CORDYCEPS MILITARIS AND NOT CORDYCEPS SINENSIS?

Authentic Cordyceps (*O. sinensis*), the caterpillar fungus, the one everyone sees in pictures (the dead caterpillar with the blade-like fruiting body growing from it) is actually the most expensive mushroom in the world; upwards of \$40,000/Kg. With such a price tag there is absolutely no way authentic cordyceps (*O. sinensis*) could be used in an affordable supplement product.

Cultivation of authentic fruiting bodies has previously been impossible and only recently has China figured out how to cultivate Cordyceps sinensis to produce a fruiting body. That being said, the price is still much too high for commercial supplements, leaving only mycelium available for commercial products.

Anything from China is typically a product called Cs-4 which is a 100% pure mycelium product made via liquid fermentation.

Anything produced in the U.S. is myceliated grain, which ends up being very high in starch due to the nature of Cordyceps mycelium which grows very slowly leaving a high amount of residual grain in the final product.

At Real Mushrooms we take a different approach. We use Cordyceps militaris because fruiting bodies can be cultivated. This allows us to use 100% organically certified fruiting bodies for our Cordyceps-M extract powder. We do not deviate from our ethos of offering 100% mushroom products with high beta-glucan levels and no grain fillers.



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## DESCRIPTION

I'm sure by now everyone has heard or tried bulletproof coffee before? Well, Edith of @edithagoston takes the classic butter coffee recipe and amps it up a notch by adding some extra special ingredients like cacao butter, collagen, maca root and lions mane mushroom. The final result is this gorgeous, frothy cup of coffee that is sure to excite all the sights and senses. What is even cooler, is that coffee color lends more of a vanilla white color. Let's move onto the recipe now, shall we?!

## INGREDIENTS

- Organic, shade grown & mycotoxin free coffee beans in 14 oz hot, filtered water
- 1 Tbsp of MCT oil
- 2 scoops of coconut or vanilla collagen creamer
- 1 to 2 tbsp cacao butter
- 1 tsp organic maca
- 1 tsp Real Mushrooms Lion's Mane
- 1 Tbsp grass-fed unsalted butter

## INSTRUCTIONS

Add everything to a blender and blend for roughly 10–20 seconds. It will come out nice and frothy as a result! Just what you want!



## DESCRIPTION

It seems golden mylk is all the buzz these days and for good reason! It's loaded with this well researched spice called "Turmeric." What makes this not your typical golden mylk is this wonderful blend of turmeric, vanilla, cinnamon, black pepper, ginger, coconut oil and lions mane mushroom. The perfect blend if you ask us! Let's get into the details of what makes this golden mylk sing!

## INGREDIENTS

- 3 cups coconut milk (Homemade is best)**
- 1½ tsp organic ground turmeric**
- 1 Tbsp freshly grated ginger**
- 1 cinnamon stick**
- 1 Tbsp coconut oil**
- 1 tsp vanilla**
- 2 tsp Real Mushrooms Lion's Mane extract**
- Pinch ground black pepper**
- Optional: sweetener of choice (raw honey, coconut nectar or stevia)**

## INSTRUCTIONS

1. To a small saucepan, add coconut milk, ground turmeric, grated ginger, cinnamon stick, coconut oil, black pepper, mushroom extracts
2. Whisk to combine and warm over medium heat. Heat until hot but not boiling whisking frequently.
3. Turn off heat and add sweetener to taste
4. Serves 2 immediately and get glowing.

## THE REAL MUSHROOMS INSIDE STORY — WHERE ARE YOUR MUSHROOMS FROM?

All our mushroom extracts are from the leading supplier of organic mushroom extracts: Nammex. They have over 40 years of mushroom growing experience and were one of the first companies to bring organic medicinal mushroom extracts to North America. Their ingredients go through rigorous quality control and are tested twice for heavy metals, agricultural chemicals and microbial contamination to ensure they meet all standards for dietary supplements of this nature. All of their extract are made from certified organic mushrooms (fruiting bodies), organically grown or wildcrafted from deep within mountain regions of China.

Mushrooms used for dietary supplements are seldom grown in North American since it's too expensive. In fact, China is the leading supplier of mushrooms worldwide and supplies over 85% of the world's mushrooms. It has a rich history of mushroom use as both food and medicine and is the birth place of mushroom cultivation with shiitake being farmed in the early 1200s. China is one of the only places in the world where you can get 100% organic mushroom (fruiting body) extracts that can be sold at an affordable price.

An important note is that any products made in the USA are typically not made from mushrooms but mycelium, the mushrooms root system, grown on grains.

This is why we specifically test for beta-glucans and starch, to show the potency of our products and to show that we have no added fillers like grain. Just 100% mushrooms.





## DESCRIPTION

This nourishing and hearty smoothie is sure to satisfy you after a long day at work or following a hard charging workout. Loaded with healthy, starchy carbs and healthy bacteria supplied from the plant-based yogurt to keep the gut in check. Then round it out with Lions Mane mushroom to support cognitive function and 5 defenders to support healthy immune function.

## INGREDIENTS

- ½ cup leftover baked or steamed sweet potato
- ½ cup summer squash
- ½ cashew or almond yogurt
- 1 tsp Real Mushrooms Lion's Mane
- 1 tsp 5 Defenders
- small knob of ginger
- ½ tsp organic turmeric
- ½ tsp organic cinnamon ([ceylon or cassia work here!](#))

## INSTRUCTIONS

Add everything to a blender and blender till desired consistencies. Thin with water as needed.

### THE REAL MUSHROOMS INSIDE STORY — WHY DO YOU LIST STARCH ON YOUR PACKAGING YET CLAIM NO ADDED STARCH?

We list starch as a way to prove that our product is 100% mushroom. Mushrooms generally do not contain starch. They do, however, contain small amounts of glycogen. Typically less than 5%. Starch and glycogen are both alpha-glucans.

As per the Nammex report, mushrooms have very low levels of alpha-glucans.

When we do our beta-glucan testing and verify the beta-glucans in the product, that same test also measures alpha-glucans. We use this alpha-glucan number as our starch basis though we know it is primarily glycogen because mushrooms do not contain starch. This saves us from additional testing costs to measure starch specifically when we already know that it is less than the alpha-glucan number.

Starch is a common carrier material that can be found in many medicinal mushroom supplements. It is often used as a carrier in mushroom extracts in the form of dextrose or maltodextrin.

In the case of myceliated grain products, high amounts of starch are present due to the grain that ends up in the final product.

This is why it is so important to measure starch so that you're not wasting your money on carrier materials or grain. This is also why polysaccharides are a poor measure of quality. A simple iodine starch test can be done at home for under \$5 to verify if any fillers are added.

All of our products have less than 5% alpha-glucans as they are made purely from mushrooms without any added of fillers or carriers.



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## DESCRIPTION

What makes this smoothie so nutrient dense is that it literally has everything you could imagine in a smoothie from a superfood and nutrition standpoint. Plus, this smoothie could act as a small meal replacement if you so desire since it is chock full of healthy fats, medicinal mushrooms and spirulina.

## INGREDIENTS

- ¼–½ cup can BPA free organic coconut milk or filtered water as the base (depending on individual)**
- 1 free range egg yolk**
- 1 small banana**
- 1 tsp (5g) creatine monohydrate**
- 20–30 grams grass-fed cold processed whey protein concentrate**
- 1 scoop greens powder**
- ¼ tsp ground cinnamon**
- 1 tsp spirulina**
- ½ tsp Real Mushrooms Lion's Mane Extract**
- ½ tsp Real Mushrooms Chaga Extract**
- ½ tsp Real Mushrooms Cordyceps-M**

## INSTRUCTIONS

Add everything to a blender and blend till desired consistency is met. Feel free to sprinkle of cacao nibs and coconut flakes for some texture and healthy calories.





## DESCRIPTION

This is one of those smoothie bowls that tastes like bliss. It's a favorite of mine post workout or when I'm wanting something chocolate and rich like, but without the added dairy and refined sugars. The ingredients I chose are high quality and really bring all the flavors and textures together. It tastes like a Wendy's frosty, but more rich and decadent tasting. I hope you enjoy it as much as I do!

Feel free to get creative and add various toppings like coconut shreds, gluten free granola, nuts/seeds, bee pollen, etc.

## INGREDIENTS

- 2 to 3 frozen bananas**
- splash of almond or coconut milk (I highly recommend coconut cream here w/some almond milk. It lends a nice creamy consistency)**
- 2 to 3 Tbsp of raw cacao powder**
- 1 Tbsp instant organic coffee powder**
- 1 scoop of mocha protein powder flavor**
- 1 tsp of mesquite powder**
- 1 tsp of ceylon cinnamon**
- ¼ tsp ginger powder**
- 1 Tbsp chocolate hazelnut butter**
- 1 tsp of Real Mushroom Chaga Extract**
- pinch of celtic sea salt**

## INSTRUCTIONS

Add everything into your blender and blend till desired ice cream consistency. Add enough liquid until it blends efficiently. Pour into your favorite bowl. Enjoy!

### THE REAL MUSHROOMS INSIDE STORY — WHAT ARE THE CONCENTRATION RATIOS OF YOUR PRODUCTS?

Our extracts range from 1:1 to 16:1 but we do not list them specifically as we believe extract ratios have only limited value when not accompanied with active compound testing.

For example, without analytical testing there's no way to know whether a 10:1 extract is more concentrated than a 4:1 extract. It is also possible to have two products with the same extract ratio yet with completely different levels of active compounds.

Also note that the higher the extract ratio, the more dense and sticky the final product gets so in order to keep it as a free flowing powder, a carrier is often added. This will dilute the potency. This is why measurement of active compounds and starch is so important.

Extract ratios can also be misrepresented. For example, fresh mushrooms are typically 90% water so the wet to dry ratio is 10:1. Some products use this ratio saying their products are a 10:1 extract (10lb of fresh mushrooms = 1lb of powder) when in reality it's just a 1:1 (1lb of dried mushrooms = 1lb of powder). All extract ratios should be based off dry weight.

Without analytical testing of active compounds and starch measurements to show purity, extract ratios have limited value. Higher extract ratio does not equate to higher potency.

For these reasons, we do not specifically publish our extract ratios. If you'd like to know, just contact us.





## DESCRIPTION

Yogurt is loaded with beneficial bacteria to support digestive health and optimize immune function. Well, what if we could up the nourishment factor even more with some potent herbs and adaptogens. This leads us into our newest recipe addition utilizing our Reishi 415 extract. Keep in mind that this recipe uses reishi, but feel free to change things up and try a different medicinal mushroom extract to see how it changes the flavor profile. Let's dive in!

## INGREDIENTS

- 1 oz organic coconut yogurt
- 4 oz organic regular yogurt
- 2 oz organic goats milk
- ½ tsp Reishi 415 extract
- pinch of cayenne
- ½ tsp kelp powder
- 5 ml of hawthorn tincture

## INSTRUCTIONS

Mix all ingredients together till fully mixed and enjoy!

### THE REAL MUSHROOMS INSIDE STORY — WHY DO YOU ONLY LIST BETA-GLUCANS AND NOT POLYSACCHARIDES?

Beta-glucans, which are a polysaccharide, are the most well researched medically active compound in mushrooms. For this reason, we specifically measure beta-glucan levels on our products. We do not believe in using polysaccharides as a measure of quality as it can be easily doctored using starch. Starch is an alpha-glucan, which is also a polysaccharide.

As an example, mycelium on grain products have been shown to have high levels of starch, which allows them to tout high polysaccharide numbers when in reality they have very low amounts of beta-glucans as the bulk of these polysaccharides are made up of starch. The starch comes from the grain that ends up in the final product.

Read our full article on why polysaccharides are a poor measurement of quality.



# BAKING & DESSERTS





## DESCRIPTION

Charlotte Press of Press.Start Nutrition has the perfect protein bar packed full of healthy fats, antioxidant rich spices, complex carbohydrates, and protein to fuel you during this holiday season. On top of that, these protein bars are enhanced with Lions Mane mushroom, which helps support and boost cognitive function and potentially even aid in short and longterm memory support! You couldn't ask for a more wellbalanced protein bar, you guys!?!?!?

## INGREDIENTS

Serves 8, *paleo, DF, GF, grainfree, RSF*

- 1 cup nut butter of choice
- 2 tsp Real Mushrooms Lions Mane
- ½ cup vanilla protein of choice
- 3 Tbsp organic pumpkin purée
- 2 tsp pumpkin pie spice
- 1 tsp vanilla extract
- 1 tsp – 2 tbsp maple syrup or honey {depending how sweet you want it, I only used 1 tsp of organic maple syrup, but use more for sweeter}
- 2 tbsp dark chocolate chips

## INSTRUCTIONS

Mix all ingredients together until a dough forms. Press dough into a parchment lined 8x8 pan and freeze for an hour. Remove and cut into 810 rectangles depending on how big you want them. Place on a parchment lined baking sheet & bake at 300 for 12 minutes. Store in the fridge.

### THE REAL MUSHROOMS INSIDE STORY — WHAT SHOULD I LOOK FOR IN A MUSHROOM PRODUCT?

We recommend the following when considering a mushroom product:

- Made from the mushroom (fruiting body)
- Extracted
- Certified Organic
- Verified for beta-glucan content
- Verified against any fillers like grain



**REALMUSHROOMS**  
100% PURE + ORGANIC





## DESCRIPTION

Daisy has outdone her self with this delightful and nourishing bounty bars with a potent immune-boosting mushroom known to support the mind, body, and soul. If you make these be sure to tag @daisy\_scoopwholefoods and us @real\_mushrooms! We would love to see to how your bounty bars turn out.

## INGREDIENTS

- 1/3 cup coconut milk**
- 1/4 cup coconut butter**
- 1/4 maple syrup**
- 2 cups of unsweetened desiccated coconut**
- 2 tsp of Real Mushrooms Reishi 415**
- 200 grams of dark chocolate mixed with 1 Tbsp of Reishi 415**

## INSTRUCTIONS

To make, gently heat 1/3 cup coconut milk in a pot, add 1/4 cup coconut butter, 1/4 cup maple syrup and a pinch of sea salt. Once smooth and well combined, add 2 cups of unsweetened desiccated coconut and optional 2 tsp Real Mushrooms Reishi 415. Scoop into the lined loaf tin, flatten and place in freezer for 1–2 hours. Next, melt down 200g of dark chocolate with 1 Tbsp of Real Mushrooms Reishi 415. Slice your solidified coconut mixture into 7–8 bars, then gently dip into melted chocolate and coat using 2 forks. Let excess drip off as much as possible. Place on baking paper, drizzle leftover chocolate over the top of all bars, then place in the fridge to set. Enjoy! :)

### THE REAL MUSHROOMS INSIDE STORY — IT IS NECESSARY TO TAKE A DUAL EXTRACT?

No. This is entirely dependent on the mushroom and the extract method used. Dual extraction can actually reduce the amount of certain beneficial compounds. Hot water extracts can also contain non-water soluble compounds when extracted properly.



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## DESCRIPTION

These are not just any donut you guys!?! These are PALEO PROTEIN DONUTS. You can literally have your donut and eat it too. It's guilt-free and does a body good thanks to some unique and creative ingredients that bring together the ultimate donut experience. Donut recipe goodness below!

## INGREDIENTS

### DONUT:

- 1 cup fine almond flour
- ¼ cup tapioca flour
- 1 tsp baking soda
- ½ cup honey
- ⅓ cup cocoa powder (or paleo chocolate protein powder)
- 3 Tbsp coconut oil
- 1 Tbsp ACV
- 2 eggs
- ¼ cup coconut milk

### CHOCOLATE MUSHROOM GLAZE:

- ¾ cup coconut butter
- 3 teaspoons 5 defenders mushroom powder
- 2 tablespoons monk fruit sweetener
- 1 tablespoon cacao powder

## INSTRUCTIONS

Preheat oven to 350°. In a large bowl, mix all donut ingredients until a smooth batter forms. Gently spoon batter into donut pan. Bake for 20–25 minutes or until cooked all the way through (toothpick trick to test readiness). Let cool for 10 minutes.

### While the donuts cool, prep the glaze...

In a saucepan, melt the coconut butter on low heat. When the butter has melted, turn off the heat and add in remaining ingredients. Whisk everything together until evenly combined.

Dip the top of each donut into the glaze and place on a rack to let glaze harden. Depending on the temperature of your kitchen this may take a while. If you're impatient go ahead and pop them in the refrigerator.



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## DESCRIPTION

The versatility and creative capacity of making homemade chocolate bark is pretty much endless if you ask me. Nettie of Nourishing Roots has done it again with this creative way to incorporate medicinal mushrooms in this spiced up version of the classic chocolate bark. Not only is it utilizing functional medicinal mushrooms like reishi and chaga. The recipe is further intensified by adding chili powder here. The benefits of medicinal mushrooms + chili is a wonderful combo worthy to make time and time again. Let's get to the magic, shall we!

## INGREDIENTS

- 1½ cup cacao powder
- 1 cup tahini
- 1½ cup melted coconut oil
- ¼–½ cup of honey or coconut nectar
- 2 tsp of Real Mushrooms Chaga extract
- 2 tsp of Real Mushrooms Reishi 415 extract
- 1 tablespoons CBD oil
- ½ tsp chili powder
- 1 tsp himalayan Salt
- ¼ cup chopped almonds

## INSTRUCTIONS

1. Make a double boiler. Mix melted coconut oil, CBD, tahini and honey together until well incorporated.
2. Add cacao, chili powder and mushroom extracts and mix until the chocolate is smooth.
3. Line a baking pan with parchment paper and pour the chocolate on top.
4. Sprinkle with almonds, sea salt or whatever strikes your fancy.
5. Move to the fridge or freezer and let it set.
6. Cut with a knife and store in the refrigerator.
7. Indulge and relish in the love of cacao either by yourself or with your honey!



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## DESCRIPTION

Medicinal Mushrooms are the perfect companion to boost the health factor of homemade dark chocolate. The natural earthy and bitter flavors of mushrooms compliments the notes of dark chocolate so well. The biggest thing to make sure here is that you select at least 70% or richer cacao to take of advantage of the polyphenols present in chocolate. Plus, these bark/bars will naturally be lower in sugar and dairy. This wonderful recipe by Heather Hendricks shows just that! ENJOY!

## INGREDIENTS

### BASE

- ½ Cup Cocoa Butter
- ½ Cup Raw Cacao Powder
- 1 tsp Real Mushroom Reishi Powder
- 1 tsp Acerola Powder
- 1 tsp Maca Powder
- 2 Tbsp Cup Pure Maple Syrup
- 1 tsp Pure Vanilla Extract
- Pinch of real salt (optional)

### EXTRAS

- |                |  |
|----------------|--|
| Raw cacao nibs | Sunflower Seeds                          |
| Hemp Seeds     | (goji berries, sunflower & pumpkin seeds |
| Goji Berries   | pre-crushed separately using a ninja/    |
| Pumpkin Seeds  | blender)                                 |

## INSTRUCTIONS

1. Melt cocoa butter on stovetop in a double boiler (or glass bowl over a pot).
2. In a separate bowl, mix Reishi, Acerola, Maca (or other superfoods of choice).
3. Once cocoa butter is melted, add cacao, maple syrup and salt. Whisk together well.
4. Once blended, remove from heat and add the Reishi, Acerola, and Maca powders. Stir until smooth.
5. Pour into parchment paper-lined containers.
6. Add your extras as desired (seeds, nuts, fruit, etc.). Stir in with a fork and add more as a topping if desired.
7. Place in the fridge or freezer. Takes about an hour to set. Continue to store in fridge or freezer.



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## DESCRIPTION

I've always been a fan of chia seed pudding. However, I found myself getting stuck in a rut with making the same chia seed pudding over and over again. I decided to spice things up a bit and boost it with some raw cacao and medicinal mushrooms. If you are looking for something new, different and just as healthy if not more potent. Give this a recipe a try!

## INGREDIENTS

- 2 cups full fat coconut milk**
- 3 tsp ceylon or cassia cinnamon (I recommend Ceylon cinnamon here!)**
- ½ cup chia seeds**
- ½ tsp vanilla or peppermint extract**
- 2 to 6 drops of stevia or liquid monk-fruit sweetener (depending on your sweetener preference you like)**
- ¼ cup raw cacao powder**
- 1 tsp Real Mushroom Cordyceps-M**
- 1 tsp Real Mushroom Reishi 415**

## INSTRUCTIONS

Mix everything until it has been fully mixed throughout. Then pour into little mason jars. Store in the fridge overnight. Feel free to serve with a spoonful of almond, sunflower seed butter or any other nut/seed butter that suits your fancy! Enjoy :)

### THE REAL MUSHROOMS INSIDE STORY —

#### WHAT IS THE NUTRITIONAL BREAKDOWN OF MUSHROOMS?

Generally speaking, mushrooms are roughly 25% protein, 58% carbohydrates and 3% fat. The rest is vitamins and minerals. 1 gram would be around 3-4 calories.

#### WHAT IS THE OPTIONAL WAY TO TAKE MUSHROOM EXTRACTS?

The optimal way to use our product is whatever way is the most convenient for you. This could be with hot water, coffee, tea, smoothie, shake, yogurt, bone broth, etc.

#### IS IT BEST TO TAKE MEDICINAL MUSHROOMS ON AN EMPTY STOMACH OR WITH FOOD?

We have not seen any research to indicate one way over the other. We all respond differently to medicinal mushrooms so find the method that works best for you. Some might find they respond better mixing it with food where as others might respond better on an empty stomach.



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## DESCRIPTION

In this recipe, it's all about simplicity surrounding the ingredients used. The result is fantastic! What is even cooler about this recipe is that you might already have most of these ingredients on hand. One side note is that you are welcome to try any of the Real mushrooms powders here. Reishi 415, Chaga, Cordyceps-M or Lions Mane could be fun to incorporate in the mix. ENJOY!!

## INGREDIENTS

- 1 ¼ cup good quality almond butter
- 4 ½ Tbsp coconut oil
- 1 ½ tsp Lakanto maple syrup (you can use regular pure maple syrup, but this one is sugar free and monk fruit sweetened—low GI)
- 1 tsp Real Mushrooms 5 Defenders powder
- ½ good quality dark chocolate bar (I used Green & Black's)

## INSTRUCTIONS

Cream all ingredients together by hand or mixer. Add crumbles of chocolate over top. Pour into parchment lined 8x8 baking pan and freeze for 3 hours. Lift ends of parchment paper cut into squares. Store in airtight container in the freezer. Enjoy!

### THE REAL MUSHROOMS INSIDE STORY — WILL USING THE EXTRACT POWDER IN HOT LIQUIDS KILL THE ACTIVE INGREDIENTS?

No. All of our products have already been extracted with hot water and/or alcohol. Any further "extraction", like adding them to hot water, will not affect the powder or the medicinal compounds.



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## DESCRIPTION

It seems as if Chaga was meant to be paired with chocolate. Chaga naturally has that earthy, subtle flavor that compliments so well with the natural bitterness of cacao. In this recipe, Liz Carlile of motherhoodunstressed, takes your traditional brownie recipe and jazzes it up by making it paleo and auto-immune friendly using almond flour in place of traditional all-purpose flour and emphasizing pumpkin puree to boost the juiciness of the brownie and amps up the beta-carotene and fiber content of the brownie and of course adding in some grounding Chaga extract to boost the anti-oxidant and anti-inflammatory potential of this recipe. We hope you dig this Chaga-infused brownie deliciousness! Be sure tag her and us if you make this recipe!

## INGREDIENTS

- 1 can pumpkin purée
- 3 eggs
- ¼ cup melted coconut oil or ghee
- ⅓ cup maple syrup
- ½ cup dark chocolate chips
- ½ tsp vanilla extract
- ⅓ cup almond flour
- 3 tsp cacao powder
- ¼ tsp baking soda
- ¼ tsp baking powder
- 3 tsp Real Mushrooms Chaga extract powder
- ¼ tsp cinnamon
- ¼ tsp salt

## INSTRUCTIONS

Preheat oven to 350 F, mix wet and dry ingredients separately then blend, pour into a greased baking dish, bake for 30 minutes or until it comes out clean. Let cool and ENJOY! :)



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## DESCRIPTION

This is one of those recipes where you can have your biscuit and eat it too. Not only are these biscuits paleo friendly and autoimmune friendly, but it's ramped up a notch or two with this potent energizing mushroom that lends this gorgeous yellow/orange color to the recipe. That's a win-win in our boats! These also make a great snack while on the go and could even serve folks who follow a low carb, high-fat diet. Scroll on down to get these biscuits whipped up ASAP! You won't be disappointed here, guys!

## INGREDIENTS

- 1 cup almond flour
- ½ cup tapioca flour
- 1 teaspoon baking flour
- 2 Tbsp cordyceps mushroom powder
- ½ Tbsp sea salt
- ½ Tbsp garlic powder
- ¼ cup cold ghee
- 1 Tbsp apple cider vinegar
- 1 egg
- 1 Tbsp honey

## INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. In a bowl, combine all dry ingredients and whisk together until all clumps are gone.
3. Add your butter to the dry ingredients and cut or massage the butter into the flour until evenly distributed. It should look slightly lumpy.
4. In a separate bowl, whisk together all wet ingredients.
5. Add the wet ingredients to the dry ingredients and simply bring all of the ingredients together. Don't mix. We're trying to form a thick dough, not a batter.
6. Use a spoon to place the dough onto parchment paper and shape the biscuits however you like.
7. Bake for 20 minutes or until biscuits turn golden brown. Makes about 6 medium-large biscuits.
8. Let cool for 10 minutes.

Enjoy!





## INSTRUCTIONS

Add dark chocolate and coconut oil to the pan at a low temperature to slowly melt the chocolate down. Once melted. Add the powders and continue to mix and stir throughout once it is fully mixed in nicely. Once done, add your sweetener of choice and mix again. Once finished. Transfer the chocolate to an ice tray or chocolate mold and place in the freezer. When you are ready to serve. Bring it to room temperature before serving. These chocolates could even be stored in the refrigerator as well.

## DESCRIPTION

The pairing of dark chocolate and medicinal mushrooms is such a unique combination. The health benefits of these two functional foods are wonderful. These mushroom chocolate bites can act as a little afternoon pick-me-up or when that dark chocolate craving hits. You can be sure that you are giving your body some clean-burning fuel to give you lasting energy without the sudden crash like most dark chocolate bars gives these days.

## INGREDIENTS

- 1 to 2 cups of dark chocolate chips (aim for 70% dark cacao content or more)
- 1 tsp Real Mushrooms 5 Defenders
- 1 tsp Real Mushrooms Lion's Mane
- 1 tsp Real Mushrooms Cordyceps-M
- 1 Tbsp of Maca root
- 2 to 3 Tbsp of Raw Cacao powder
- 4 – 8 drops of Caramel stevia extract or monk fruit sweetener (granulated)
- Dash or two of cayenne powder
- 2 to 6 Tbsp of coconut oil (dependent upon how much mushroom chocolate you are making)



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## DESCRIPTION

If you are new to this creepy and fascinating parasitic fungus. Before we go any further, let's be clear that we are not referring to the wild Cordyceps Sinensis that consumes a caterpillar! We are talking about Cordyceps Militaris, which is most famously known as the prized adaptogen that boosts endurance and ATP production in the body. It's a potent fungus that stimulates the immune system and helps the body adapt to stressful conditions. It pairs beautifully into all kinds of broths and cacao-rich desserts like this recipe below!

## INGREDIENTS

- ½ cup full-fat coconut milk BPA free**
- 1 tablespoon plus 1 teaspoon maca powder (gelatinized)**
- 1 tablespoon plus 1 teaspoon Real Mushrooms Cordyceps-M extract**
- ¼ teaspoon cayenne pepper**
- 12 ounces bittersweet or semisweet chocolate**
- 1 tablespoon maple syrup (optional)**
- sea salt**
- ¼ cup raw cacao powder or dark cocoa powder**
- ¼ cup hemp hearts**

## INSTRUCTIONS

Heat the coconut milk until it's simmering. Remove from heat, and whisk in the maca, cordyceps and cayenne, plus a pinch of salt. Stir in the chocolate and maple syrup, and add a pinch of salt. Once the chocolate has melted, refrigerate for 1 hour, until slightly firm.

Place the dark cocoa powder, hemp hearts and a pinch of salt in a shallow dish with a tight-fitting lid. Stir to combine.

Scoop one tablespoon of the ganache into truffles (I used a small cookie scoop), dropping each one into the cocoa mixture. Working a few at a time, shake gently to coat the truffles. Repeat with the remaining ganache. Refrigerate for up to four days.



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## DESCRIPTION

You really can have your ice cream shake and eat it too with this delicious and decadent shake. Definitely give this a yumminess a try! Serves 2. Paleo Recipe with Vegan and Ketogenic Diet Options.

## INGREDIENTS

- 1 can BPA free organic full fat coconut milk
- 1 pastured egg + 1 egg yolk (If vegan, replace with one flax egg, or omit altogether)
- 2 tsp MCT oil
- ½ chopped frozen banana (Omit if strictly Keto)
- 30g / 1 scoop grass-fed cold processed cinnamon bun or vanilla whey protein (If vegan, replace with hemp protein, or omit altogether)
- ½ tsp pink Himalayan salt
- ½ tsp organic vanilla extract
- ½ tsp Cinnamon
- ½ tsp of Real Mushrooms Lion's Mane Extract
- ½ tsp of Real Mushrooms Cordyceps-M Extract
- Organic stevia to taste (Optional)

## INSTRUCTIONS

1. Place in the blender and watch it whizz (can enjoy as is or)
2. Place it in the freezer for 3 hours
3. Blend again and enjoy as a frosty

**Pro Tip:** To make this shake into ice cream, simply put this in your freezer, and scoop when ready to serve, or for a deliciously deluxe consistency use an ice-cream machine if you've got one handy. The Bulletproof Brain Octane, and salt will keep the ice cream soft, and the whey will give it the creamiest consistency.

### Optional Adornments:

Chopped Raw Organic Pecans/ Walnuts, Organic Coconut Flakes, BulletProof Upgraded Cocoa Powder, and/or minimum 85% Shaved Lindt Dark Chocolate. Get creative!



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## DESCRIPTION

Superfood Coffee Ice Cream w/ Hardshell Chocolate Sauce!  
 Sugarfree coffee ice cream packed w/anabolic recovery proteins, gut strengthening amino acids, immune boosting/adaptogenic Chinese herbs, and cognitive enhancing fats. Topped with my mct charged hard shell chocolate sauce to give it that perfect mocha flavor. A delicious morning to midday treat in this crazy heat wave. If you have it in the evening be sure to use decaf or else you could be up all night.

**Prep:** French press 4 tbs ground coffee then pour into ice cube mold. Freeze overnight.

## INGREDIENTS

Full tray of coffee ice cubes  
 1.5 scoops whey isolate (about 4–6 tbs)  
 1 Tbsp collagen protein powder  
 1–1.5 tbs powdered lakanto sugar  
 5 grams L-glutamine  
 1 tsp Real Mushrooms Lion's Mane  
 1/2 tsp Real Mushrooms Chaga  
 1 pastured egg yolk

1 Tbsp MCT oil  
 Pinch of pink salt  
 Capful of vanilla extract  
 1/4–1/2 dropper Vanilla stevia  
 Optional– 1–2 tbs cacao nibs)

### Chocolate sauce:

4 tbs cacao powder  
 2 tbs powdered lakanto sugar  
 Pinch of pink salt  
 1 tbs MCT oil  
 1 tbsp melted cacao butter  
 4–6 drops vanilla stevia

## INSTRUCTIONS

1. In a Vitamix (include all ingredients except the sauce): Use the tamper to pound into creamy ice cream texture. Set back in a freezer.
2. Chocolate sauce: Stir until smooth and add to piping bag.
3. Scoop out the ice cream and the drizzle on the chocolate sauce. Add any other toppings and ENJOY!



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## DESCRIPTION

If cakes were superheroes, this paleo peppermint chocolate sweet potato + avocado cake would be the one to have on speed dial for when you're in need of a team of serious defenders. Immune System Defenders, that is. It's the team that will swoop in to reinforce your body's immune system when those villainous cold and flu germs are lurking. And, it's dairy-free and sugar-free, and just takes one bowl (because less dishes, right?! The cake's secret weapon? Real food nutrients and Real Mushrooms 5 Defenders Blend.

## INGREDIENTS

- 1 medium roasted sweet potato
- 1/4 cup mashed avocado
- 3 pasture-raised eggs
- 1/4 cup coconut oil
- 1 teaspoon vanilla extract
- 1/2 cup of "5 Defenders Tea"\*\*\*
- 1/2 cup coconut flour
- 1/2 cup cacao (I used Addictive Wellness)
- 1 teaspoon baking soda
- 1/2 teaspoon salt (I used Redmond Real Salt)
- 1-3 Tbsp lakanto monk fruit sweetener depending on how sweet you like desserts. You could also try a few dates or another sweetener if you don't like monkfruit.
- Peppermint essential oil (4 drops)

## INSTRUCTIONS

1. To make 5 Defenders Tea: Mix 1 heaped tsp of Real Mushrooms 5 Defenders blend with 1/2 cup of hot water. (You can even try doing 2 heaped tsp for a more intense flavor and medicinal effect). Also, if you don't have 5 Defenders on hand, you can sub another adaptogen/ mushroom/or even Dandy Tea.
2. In a bowl, mash together roasted sweet potato, avocado, coconut oil, eggs, vanilla extract, and 5 Defenders Tea.
3. Into the same bowl, add dry ingredients (coconut flour, cacao, salt, baking soda, monk fruit sweetener). If adding the peppermint, add 4 drops peppermint. Mix together.
4. Pour mixture into a greased 8x8 pan.
5. Bake for 30-35 minutes at 350 degrees.
6. Top with some coconut cream or whatever fun, delicious toppings you want. And enjoy!



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## EDITH AGOSTON



My name is Edith Agoston and I am an Integrative Nutrition Health Coach in Seattle Washington. After spending many years in grocery management I finally realized that I can pursue my passion

which is health and wellness when I discovered the Institute for Integrative Nutrition. I believe that my purpose in this life is to help others lead healthy lifestyles which in turn will allow them to optimize their entire lives because if someone isn't well physically they will never be well emotionally, mentally or spiritually. In terms of what makes me tick, well I'm a huge fan of engaging in regular exercise, staying hydrated with quality water, consuming nutrient-dense foods and superfoods including adaptogenic herbs and medicinal mushrooms, and cultivating healthy loving relationships!

## CASSIDY ALEXA



Cassidy Alexa sees life, art, love, humanity, and health as integral spokes stemming from a singular source. She is an actress, poet, filmmaker, writer, ballerina, humanitarian, health enthusiast, and

the founder of CASSIDYALEXA. Cassidy strives to be an embodiment of art, truth, fire, and love; the distillation of a word she has tattooed; 'Firinne.' She attended Canada's National Ballet

School, where she was awarded lead roles, and fell in love with both classical, and contemporary ballet. Cassidy went on to dance with Cadence Progressive Contemporary Ballet, before returning to B.C. to follow her dream of becoming an actress. She is signed with R.E.D. Talent Management in Vancouver, and looks forward to continuing to dance, act, write, make art, collaborate, love those she encounters, help as many as she can, and watch CASSIDYALEXA grow and expand; embodying her wandering, and ever blazing heart. Breathe your fire, and when the world tries to silence you, scream louder.

## DAYNE BARKLEY



I created this website to share my current knowledge, beliefs, personal experience, and skills to those seeking optimal health. I am enormously passionate about optimizing human performance

and wellbeing and strongly believe in investing in your own health and personal development. Your environment, self awareness & habits are the cornerstone to optimal health.

## LIZ CARLILE



Liz is a mom, blogger, and holistic health coach living in Atlanta, GA. She believes in a holistic approach to wellness which includes meditation, healthy eating, exercise

and establishing meaningful relationships. You can connect with Liz on Instagram at [motherhoodunstressed](#) or at [lizcarlilehealth.com](#).

## DR. WILL COLE



Dr. Will Cole, leading functional medicine practitioner, specializes in clinically investigating underlying factors and customizing health programs for chronic conditions such as thyroid issues,

autoimmune, hormonal dysfunctions, and more. He consults locally in the Pittsburgh area as well as webcam and phone consultations for people across the country and around the world. Dr. Cole is a health writer for international publications such as [mindbodygreen](#) and lectures nationally.

## CATHRYN FOWLER



Cathryn Fowler is a nutritional consultant and filmmaker specializing in food as medicine and the mind-body connection. When your love language is gift-giving, you find ways to make your day-day life

revolve around sharing. And for me, that's sharing nutrition/mindset education, encouragement, and a healing community via my 1:1 consultations and video work. Everyone deserves to live in their fullest, joyful potential. And I just like to creatively share ideas of ways to get there.

*Continued*



## HEATHER HENDRICKS



I'm a busy stay-at-home mom with 2 young kids and a passion for natural health. Having a household with food allergies and other dietary needs has led me to be creative in the kitchen. Food doesn't

have to be the enemy. In fact, it's quite the opposite when you are using the right foods! I love taking conventional recipes and giving them a make-over, not only to be allergy-friendly but to have powerful health benefits!

## DAISY KIRK



After working in my family business Scoop Wholefoods for over 4 years now. I have gained quite a great amount of knowledge on healthy eating and whole foods. After having some health concerns myself, it has

forced me to explore a broad diet of fresh, healthy foods and moving away from processed foods. I have a passion for healthy cooking and helping others learn this way of life.

## NICOLE MCMANUS



Hello! I love all things pâté, caviar, and you just the way you are! Enjoy my experiences trying new pâté recipes and filling you in on all the things that fill me up in love, health, food, and more. I'm an educated mess(enger).

Driven to discover new products and foods for leading the healthiest lifestyle possible, here you will find what I believe to be the best (and my favorite) of all the products I try. When I find something wonderful, I think, "why has no one told me about this before?!" So, here I am... to tell you about it all. Oh, and once I find something I like, I am sold, but still open to trying new things!

## NETTIE MUELLER



Nettie is a personal chef, holistic health coach and gardening enthusiast. After overcoming her own IBS and other health ailments through nutrition and lifestyle changes, Jeannette is passionate about

helping others do the same. She spent a year studying Mayan medicine in the Highlands of Guatemala and interning on a Permaculture Farm in Nicaragua. It was during her time abroad that she observed the amazing benefits mushrooms have on not only the health of the human, but the health of our planet and ecosystems we rely on for nourishment. Mushrooms have since become a staple in keeping her vibrant, active and focused

amidst her many passions. She loves creating therapeutic recipes for clients that nourish them on multiple levels, as well as integrating fungi friendly practices in gardening.

## MATT OLIPHANT



Matt Oliphant is Community Manager at Real Mushrooms. He is a human performance consultant, spartan athlete and fitness enthusiast that competes in various spartan races, tough mudders and trail

running competitions.

"I'm an avid amateur photographer and mushroom forager. I have always been fascinated by the mind and body and what it can do. I love and thrive off of helping people get the most out of their mind and body by using the latest and most cutting edge techniques, biohacks, nutrition optimization, fitness styles and much more. For me, it's much more than the physical. It's total mind, body, and spirit optimization. This is my purpose and flow in life and what I hope to inspire in the world."

*Continued*

## DON OLLSIN



Grassroots Herbalism is an online community of herbal students, founded by Don Ollsin, Master herbalist and educator since 1972. We offer online webinars for our community and online herbal courses for anyone

interested in learning about herbs. Our twelve week Online Herbal Course is an introduction to all of the healing modalities studied and taught by Don for almost five decades. We also offer graduates of this course entrance into our Mentorship Collective and Free Herbal Clinic. We believe in affordable, high quality education, and we believe the world needs more grassroots herbalists.

## CHARLOTTE PRESS



Charlotte is a nutritionist who strives to make nutritious eating easy, delicious and accessible to everyone! Charlotte believes healthy eating should not be deprivation, feel like a chore or be a quick

fix. She combines her love of healthy cooking and eating to create crave-worthy recipes to help clients feel their best inside and out and maintain it long term. Charlotte has combined her love of nourishing recipes and knowledge of nutrition to help hundreds of clients achieve their goals.

Charlotte specializes in fitness and pre- and post-natal nutrition, but she works with all

sorts of clients. She currently has one month left before she will obtain her Masters Degree from Northeastern University in Applied Fitness Nutrition and is a Precision Nutrition (PN1) certified fitness nutrition coach and a Dr. Sears certified pre- and post-natal health coach. When Charlotte isn't meeting with clients you can find her baking in the kitchen or sweating it out! She loves a good workout as much as she loves a good cookie!

## STEPHANIE ROMINE



Stephanie Romine is an author, health coach and yoga teacher. She follows a plant-based diet (with plenty of medicinal mushrooms), and she specializes in natural health and wellness.

Stephanie also worked as copywriter and recipe developer for an herbal supplements manufacturer. She has co-authored three books, including "The No Meat Athlete Cookbook."

## JONATHAN SHANKS



I'm based in London in the UK. I'm a yoga teacher and also studying full time to become a nutritional therapist via the College of Naturopathic Medicine. I am passionate about helping people

become more connected to themselves via yoga/ movement and the cascade effect that this tends

to have on nutrition and a general awareness for how to look after the body. I truly believe that we are able to recover from pretty much all chronic health conditions, once the emotional aspect has been processed and the environment and inputs (loosely nutrition and movement) have started to come into balance.

I discovered the Real Mushroom brand from a podcast I follow and I have loved the product since. It is hard to find really good quality medicinal mushrooms over here in the UK so I ended up buying directly and even re-sell on to some people over here in London. I am fascinated by the health benefits and therapeutic use of medicinal mushroom products in both nutritional therapy and longer term chronic illness/disease management.

## STEPH SPHIRE

Steph Sphire is a Holistic Health Coach, wellness blogger and former model. She loves creating healthy version of her favorite foods, especially anything involving chocolate! Most days you can find her on the beach playing sand volleyball, on the Pilates megaformer, creating blog content for the Mindful Model or in the kitchen cooking up a storm.

*Continued*

## JORDYN STRADLEY



Computer programmer turned Nutritionist. I got sick of being sick. Years of spine problems, cystic acne, and severe anemia led me to this career. Where the computer science world turned me into an inflammatory

ball of stress, nutrition therapy turned me into someone I never thought I could be. Someone happy, healthy, and free of the pain and fatigue that stifled my daily life.

Since graduating as a Nutrition Therapy Practitioner, I have helped clients battle weight plateaus, hormone imbalances, digestive disorders, autoimmune disease, and even skin conditions like rosacea. Hence the name Fuel Your Fight.

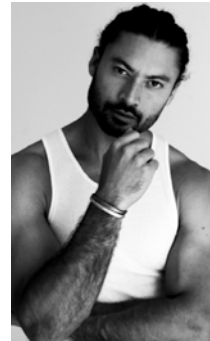
## CHRIS SWIRSKI



Chris is a health writer, nutrition coach and the founder of Beeting the Odds ([beetingtheodds.com](http://beetingtheodds.com)), a website providing free plant-based recipes, detox tips and advice on defeating life obstacles. His

inspirational story on overcoming his own obesity and addiction continues to motivate others who seek self-evolution. Chris has an unshakable theory that, while proper diet and exercise are important factors, one must first master control of their mind to achieve lasting health and vitality.

## CROSBY TAILOR



Crosby Taylor is a represented fashion model and graduated college football athlete turned biohacker and sugar-free dessert chef. Crosby believes that everyone is different, and therefore, not just one

diet or lifestyle will work for the majority. Crosby has tried every diet fad from going vegan, the body ecology diet, hardcore paleo, the alkaline diet, as well as super high fat ketogenic, and never felt completely balanced or satisfied, but there were things he absolutely loved from each lifestyle. So he decided to take bits of information that upgraded his life, from each of his favorite wellness mentors like Dave Asprey, Mark Sisson, David Wolfe, Charles Poliquin, Dr. Axe, Dr. Adamo, among many more, and specifically "Tailor" his lifestyle with what resonated best to increase his overall vibration and quality of living. He realized that nothing will ever be perfect, and that its about playing the best hand possible from the cards we were given, accepting what is, and celebrating how different we all really are.





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