

# **HEALING MUSHROOMS**

**A PRACTICAL AND CULINARY GUIDE TO USING  
MUSHROOMS FOR WHOLE BODY HEALTH**

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GOOD



BETTER



BEST

### EFFECTIVE DOSAGE CHART

DUAL-  
EXTRACTION

0.5g / 0.02oz

1g / 0.04oz

1.5g / 0.06oz

HOT WATER  
EXTRACTION  
( WATER TO MUSHROOM  
RATIO 9:1 )

1g / 0.04oz

2g / 0.07oz

3g / 0.12oz

DRY  
MUSHROOMS

10g / 0.35oz

20g / 0.7oz

30g / 1oz

FRESH  
MUSHROOMS

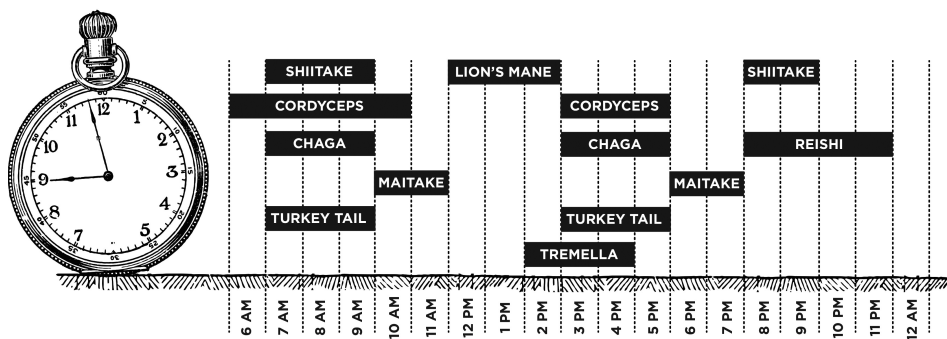
90g / 3.2oz

180g / 6.4oz

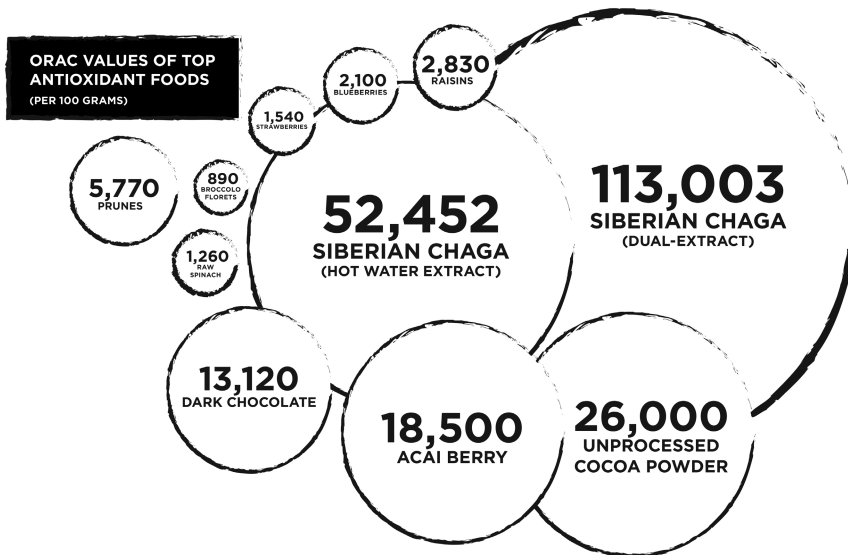
270g / 9.6oz

These are rough estimates that vary per mushroom source and type.  
For example, **reishi** has less water than **shiitake** and wildcrafted **chaga** is  
more powerful than cultivated.





A suggested timeline showing when to take each mushroom during the day.



Dual-extracted chaga is one of the highest sources of antioxidants in the world.

# MUSHROOM MAGIC IN THE KITCHEN

In this chapter, we've included fifty mushroom recipes, what we think are the best of the best. We've selected these dishes for their effectiveness with regards to health and wellness, ease of preparation, and—this goes without saying—deliciousness. We also chose these because we want to inspire you with some surprising ways to use mushrooms. Sure, a classic mushroom risotto is always a welcome sight on the table, and we've included one here for that reason—but you won't find too many more expected dishes like that. Instead, we've included recipes that will quickly take you from “Wait, really?” to “Yes, really!”

Because you may be looking to alleviate particular ailments or address specific medical concerns, we have divided the recipes into categories based on today's most prevalent health issues, many of which affect us all to some degree. However, just because a recipe is included as a way to help

with, say, hormonal balance, doesn't preclude it from also being very effective against inflammation. The beauty of these recipes, as is the case with all medicinal and culinary mushrooms, is that none are mere one-hit wonders; they will all have multiple positive effects on your overall health and wellness.

So head to the kitchen—it's time to cook up some mushroom magic.

## Pantry and Preparation Guide

A few important things to note as you prepare to cook:

1. Be sure to check out our Shopping Guide (Chapter 5) for tips, resources, and guidance in terms of sourcing quality products. Many of the recipes included in this section call for mushrooms in extract or powder form. While these items may not be stocked at all specialty grocers or natural food stores, you can certainly purchase them online. Our guide will direct you to the most reputable sites for doing so. If you are feeling ambitious, visit us online ([foursigmatic.com](http://foursigmatic.com)) for a step-by-step tutorial on making your own mushroom extracts and powders.
2. Special kitchen equipment is not required, though you will need a blender and a food processor for some recipes. We find that a Vitamix or other high-powered blender can make a big difference in terms of the consistency of the finished product, but a standard blender or food processor will work just fine, too. An espresso machine is helpful for the coffee drinks, but not essential. And should you find yourself getting really into fermenting, you might want to look into more specialized equipment down the road.

3. We're all about using ingredients that provide the maximum health benefits. When it comes to ingredients like chocolate, oils, or butter, use the best quality you can find and afford. Though usually more expensive, options that have minimal additives and fillers will make a big difference in flavor and texture. You can find other specialty, nonmushroom ingredients like tocotrienols, cacao butter, coconut flour, coconut butter, mucuna, maca, and more at most natural food stores, even Whole Foods. They can also be purchased online from Amazon, Thrive Market, and other webstores. Be sure to do your research and purchase from a reputable source.

## Chaga Decoction, aka 'Shroom Tea

Paleo • Vegan • Gluten-free • Low-glycemic • Low-fat

Apples are great and all, but it's a cup of this chaga goodness a day that really keeps the doctor away. We've opted not to delineate it as beneficial for any single ailment because it helps with *every* ailment. It's a daily tonic that can lead to incredible overall wellness. Regular consumption of chaga will support and regulate the immune system, alleviate digestive issues, boost the production of cancer-fighting cells, and leave you with radiant skin, lush hair, and more acute vision.

Coffee lovers will be pleased to hear that although we've dubbed this drink a mushroom *tea*, its bitter flavor is actually quite similar to that of coffee. It's a great anytime drink because you can customize the flavor—try adding vanilla, anise, ginger, or different spices and fruits—based on the season and your mood.

**SERVES 4**

**TOTAL TIME: 12 TO 24 HOURS**

**1 tablespoon ground chaga (see Notes)**

**Spices, fruits, and herbs such as licorice root, vanilla bean, star anise, slices of ginger, fresh mint, or berries (optional)**

**Nut milk of choice (optional)**

**Agave, raw honey, or stevia (optional)**

1. In a medium saucepan, combine the chaga and  $3\frac{3}{4}$  cups water and bring to a rolling boil over high heat. Once the water is boiling, reduce the heat to maintain a simmer.
2. Simmer the chaga brew, uncovered, for 12 to 24 hours (see Notes), stirring every hour or so.

3. For additional flavor, add the flavorings of your choice during the last 30 minutes of boiling (regardless of how long you are brewing the tea).
4. Strain the tea into mugs. Enjoy as is or doctor it up with nut milk and natural sweetener to your liking. Due to the high quantity of antioxidants the tea contains, extra can be stored in an airtight container in the refrigerator and reheated for up to 5 days. However, we advocate for potency and recommend drinking it within 1 to 2 days to reap the most benefits.

**Notes** • Grinding chaga is harder than it sounds. It's easiest to buy it preground (see our Shopping Guide, Chapter 5), but if you decide to do it yourself, just know that many knives, Microplane graters, and blenders have been damaged in the process. Dry chaga can be chopped into smaller pieces, while cooked chaga will break up a little more easily. Once it's ground, the chaga will keep for years provided it is kept super dry (cooked, dried pieces will keep for that long as well). Store the ground chaga in a glass jar in a dry, temperature-controlled spot.

The boiling time will vary greatly, depending on the strength of the tea desired. If you want a basic, daily drinking brew, 1 hour is enough. If you're looking for a more potent medicinal brew, boil for up to 24 hours. Note that the water will evaporate over time, so if you're brewing for an extended period, continually add water to maintain the liquid level. (Be careful about leaving the boiling chaga unattended because if all the water were to evaporate, the chaga could catch fire.) Turn it off at night; simply cover the pot and resume boiling, uncovered, in the morning. A slow cooker also works if chaperoning your chaga sounds like too much of a commitment.



## RECIPES TO REGULATE BLOOD SUGAR

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If you're looking to regulate and stabilize your blood sugar levels, maitake is the best-equipped mushroom for the job. It's not the only one that will work—shiitake, oyster, and rei-shi are also effective—but it's our go-to for sure. You can easily add or substitute maitake in the recipes we've included in this section that do not directly call for it.

Also, these recipes include carbs. Such a notion might really muddy up the waters as far as what you may be thinking a healthy diet should include. Those carbohydrate-free diets that were all the rage in recent years instilled some seriously carb-phobic ideas, but rest assured that carbohydrates are actually *good* for you. You just need to be carb-smart, meaning you need to select the ones that won't spike your blood sugar the way that so many simple, processed carbohydrates—like white bread, white rice, and all-purpose flour, for example—will. Unprocessed carbohydrates like wild rice ensure optimal nutrients for lasting energy, without any crazy crashes.



## Oyster Mushroom Wild Rice Salad

Paleo • Vegan • Gluten-free • Low-glycemic • Low-fat

For this recipe (and any other that calls for wild rice), be sure to buy the best quality rice that you can find and afford. There are countless food marketing scams crammed onto grocery shelves all over the country, so make sure that what you are buying is truly wild rice. In fact, wild rice is actually not “rice” at all, but is derived from four different species of grass, making it infinitely more nutrient-dense than traditional white rice. Wild rice packs immense benefits, from helping with digestion to boosting the immune system, and is also naturally gluten-free and low in calories.

You can easily serve this salad as a satisfying vegetarian main course, but it also makes a nice side dish when served with roasted whole fish or grilled chicken and a simple green salad. It’s best when served straight away, but it can also be prepared a day in advance and enjoyed as a chilled lunchtime salad—perfect for a picnic.

**SERVES 4 TO 6**

**TOTAL TIME: 30 TO 50 MINUTES**

**1 tablespoon coconut oil, ghee (see sidebar), or other fat of choice**

**2 cups sliced oyster mushrooms**

**2 cups wild rice (see Note)**

**½ cup chopped fresh herbs, such as thyme, oregano, basil, parsley, etc.**

**½ cup chopped red grapes (can substitute apples, plums, or peaches)**

**Juice of 1 lemon**

**¼ cup olive oil**

**1 cup pecans or walnuts, chopped**

**Sea salt and freshly ground pepper**

1. In a deep stockpot or Dutch oven, melt the coconut oil over medium-high heat. Heat for a minute, then add the mushrooms. Cook, stirring, for 5 to 10 minutes, until the mushrooms are golden brown. Transfer to a plate and set aside.
2. Add the rice and 4 cups water to the pot and raise the heat to high. Bring the water to a boil, then cover and reduce the heat to maintain a simmer. Cook for 40 minutes.
3. Spread the cooked rice over a baking sheet with a spatula and allow it to cool completely.
4. Once the rice has cooled, transfer it to a large bowl and add the mushrooms, herbs, grapes, lemon juice, olive oil, and nuts. Taste and season with salt and pepper. Toss until thoroughly combined and serve immediately. Leftovers can be kept in an airtight container in the refrigerator.

**Note** • You can soak the wild rice in 4 cups water for 8 to 12 hours to shorten the cooking time. If you've presoaked the rice, you can use the soaking water as the cooking liquid and reduce the cooking time to 15 minutes.

## What's the Deal with Ghee?

Long a staple in Indian cuisine, ghee (or clarified butter) is made by heating butter for a long time over low heat to separate the butterfat from the milk solids, which are then strained out. The long cooking time produces a nuttier, more robust flavor than in regular butter, and by removing the milk solids, it becomes safe for those with dairy allergies or sensitivities. Other advantages to ghee are its super-long shelf life and the fact that it has a much higher smoke point than

*(continued)*

butter, which is why we suggest ghee (or oil) in recipes calling for high heat. The main reason we recommend it, however, is that it is richer in vitamins A, D, and E and has a higher percentage of short-chain fatty acids. These fatty acids, in the form of butyric acid, have been shown to stabilize blood sugar, aid with digestion, and decrease inflammation. We're not against using regular butter or cooking oils, and we often give you the option to use what you like and what you have on hand, but if you have time to make your own ghee, it's worth making the switch. If you don't want to make your own ghee, you can find it in the Indian section of many grocery stores or next to the other butter products at natural foods stores.

# Raw Vegan Sushi with Shiitake

Paleo • Vegan • Gluten-free • Low-glycemic • Low-fat

This dish is a fresh and fun interpretation of a sushi maki roll and will have all your guests thinking, “You made *sushi*! That must have taken you all day!” In fact, this recipe takes only about 20 minutes to make, so it’s minimal effort with a huge payoff.

While most sushi is relatively healthy, it’s traditionally made with white rice, which is such a refined starch that it is basically bereft of nutrients. Brown rice is only slightly better on the nutrition scale, so we’ve devised our own form of sushi rice using crumbled cauliflower. This seasoned, sweet, salty, nutty addition will make you wonder why you ever needed rice in your sushi in the first place! Using vegetables with high fiber and high water content like cauliflower, cucumber, and red pepper in this recipe only adds to the dish’s overall effectiveness in stabilizing blood sugar.

**SERVES 4**

**TOTAL TIME: 20 MINUTES**

- Juice of 1 lemon
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon tamari, plus more for serving
- ½ teaspoon cayenne pepper
- 10 shiitake mushrooms, stemmed and thinly sliced
- 1 small head cauliflower, cut into florets
- ¼ cup pine nuts, lightly toasted
- 1 tablespoon apple cider vinegar
- 1 teaspoon sea salt
- 1 tablespoon pure maple syrup
- 5 nori sheets (see Note)
- ½ medium cucumber, peeled and thinly sliced

**½ red bell pepper, thinly sliced**

**Handful of sprouts**

**Prepared wasabi, for serving**

1. In a medium bowl, whisk together the lemon juice, olive oil, tamari, and cayenne. Add the mushrooms to the bowl and set aside.
2. Put the cauliflower florets in a food processor and pulse a few times to break it up, until the cauliflower is evenly crumbly but not mushy.
3. Add the pine nuts, vinegar, salt, and maple syrup to the food processor. Pulse a few times to combine. This is the “rice.”
4. Place a nori sheet, shiny-side down, on a dry cutting board or sushi-rolling bamboo mat. Cover the half of the sheet closest to you with a ¼-inch-thick layer of the cauliflower rice. Place a few shiitakes (reserve the marinade), cucumber slices, and pepper slices in a line over the cauliflower layer. Top the vegetables with a handful of sprouts. Roll the sheet gently but firmly, creating a tight log. Repeat with remaining nori and filling.
5. Slice each roll into six even slices. Serve immediately with the reserved tamari marinade and prepared wasabi for dipping.

**Note** • *Nori are paperlike sheets of pressed seaweed that are available in the Asian section of many grocery stores, specialty food shops, and any Asian market.*

## Shiitake Carpaccio

Paleo • Vegetarian • Gluten-free • Low-glycemic • Low-fat

This shiitake carpaccio could win recipe awards across the board: it's insanely easy to prepare, has minimal calories, is packed with nutrients, and is surprisingly satisfying given its simplicity. It's such a well-balanced gastronomic experience and hits all the right notes—there's peppery arugula, brightness from the lemon, hot-and-smoky paprika, and the creamy, salty, umami flavor from the cheese. It's heaven in your mouth, and it's beautiful to boot.

**SERVES 2**

**TOTAL TIME: 10 MINUTES**

**1 bunch arugula**

**8 ounces shiitake mushrooms, stemmed and thinly sliced (see Note)**

**Juice of ½ lemon**

**Extra-virgin olive oil**

**Salt and freshly ground black pepper**

**Smoked paprika**

**1½ ounces shredded Parmesan cheese**

Divide the arugula between two plates and top with the mushroom slices. Drizzle the lemon juice and olive oil over the mushrooms. Season with salt, pepper, and paprika and finish with a sprinkling of Parmesan.

**Note** • *Don't throw out the stems! They are a flavorful addition to vegetable stock.*

## Maitake Muffins

Paleo • Gluten-free • Low-fat

We've all accepted that muffins are really just unfrosted cakes disguised as healthy breakfast options when really, they're anything but. These maitake muffins are a much healthier choice. Here, we replaced nutritionally void all-purpose flour with coconut flour and substituted dairy milk with nut milk to cut down on excess sugar (even though the naturally occurring lactose in milk is better for you than table sugar, it can still elevate your blood sugar levels). Swapping in these ingredients allows for the carbohydrates to be released more slowly, so you won't have to worry about a post-sugar crash messing up your morning. These savory muffins are satisfying and intensely flavorful, and are actually good for you, too.

**MAKES 18 MUFFINS**

**TOTAL TIME: 35 MINUTES**

**1 tablespoon butter, coconut oil, or ghee, plus more for greasing**

**12 ounces maitake mushrooms, coarsely chopped**

**1 cup diced onion**

**1 cup coconut flour**

**1/4 cup cornstarch**

**1 teaspoon baking powder**

**1 teaspoon sea salt**

**1/2 teaspoon freshly ground black pepper**

**4 large eggs**

**3 tablespoons honey**

**1/4 cup almond milk**

**1/4 cup fresh cilantro, chopped**

1. Preheat the oven to 400°F. Lightly grease three 6-cup muffin tins.
2. In a skillet, melt the butter over medium heat. Add the mushrooms and onion and cook, stirring frequently, for about 10 minutes, until the mushrooms are golden brown and the onions are slightly caramelized. Set aside to cool.
3. In a large bowl, whisk together the coconut flour, cornstarch, baking powder, salt, and pepper. In a separate bowl, whisk together the eggs, honey, almond milk, and cilantro. Pour the egg mixture into the flour mix and stir well to combine.
4. Add the mushroom and onion mixture to the batter and stir until just combined. Fill the greased muffin pans about three-quarters full. Bake for about 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean. Allow the muffins to cool in the pans for 5 to 10 minutes, then remove and transfer to a wire rack to cool completely.





## RECIPES FOR CHRONIC INFLAMMATION

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Whether you have an autoimmune disease, a long history of eating white sugar and processed foods, or just have not maintained optimal gut health, chances are that you suffer from some degree of chronic inflammation. You'll know this to be true if you regularly feel gassy or bloated, tired or drained, or just generally not great after many of the meals you eat. Inflammation should be addressed ASAP, before it takes you further down a path that can lead to larger health concerns like obesity, heart disease, or even cancer. But don't worry—the good news is that a proven way to reduce and eliminate chronic inflammation is by making wise and healthful diet decisions. We've got you covered with these dishes that are packed with healing nutrients and stabilizing enzymes.

## Chaga Chai

**Paleo • Vegan • Gluten-free • Low-glycemic • Low-fat**

Chai is positively swimming with health benefits. However, an issue with many commercially available or prepackaged chai blends is that they're polluted with additives and sugars, negating many of chai's healing benefits. But when made from scratch, chai can be extremely good for you. Indian chai is traditionally made with sugar, milk, and/or black tea, but since these ingredients can be hard to digest, we developed a chai recipe using nut milk, for its anti-inflammatory good fats, and coconut palm sugar, which has a much lower glycemic index than white sugar. We've also added ginger for its anti-inflammatory properties, cinnamon and black pepper to increase circulation and boost metabolism, nutmeg to promote good digestion, cardamom to boost your mood, and cloves to activate the potency of the other spices. Adding chaga as the final powerful anti-inflammatory ingredient brings this bevvvy to a new, wow-worthy level.

**SERVES 6**

**TOTAL TIME: 15 TO 20 MINUTES**

**1 (2-inch) piece fresh ginger (or more, if desired),  
peeled and thinly sliced**

**10 whole cloves**

**5 cardamom pods**

**2 cinnamon sticks**

**2 teaspoons whole black peppercorns**

**2 cups nut milk of your choice**

**1 teaspoon chaga extract**

**2 tablespoons coconut palm sugar**

1. In a medium saucepan, combine the ginger, cloves, cardamom, cinnamon sticks, peppercorns, and 6 cups water. Bring to a boil over

medium heat. Boil for 1 minute, then cover and reduce the heat to low. Simmer for about 10 minutes.

2. Add the nut milk, chaga extract, and coconut palm sugar. Return to a simmer and cook, whisking gently, until the sugar has dissolved. Strain into mugs and serve immediately.

### **SUGAR, NOT SO SWEET**

White sugar has no nutrients, no proteins, no enzymes, and no healthy fats, so it's a gigantic no-no. Since it's one of the most inflammatory things you can consume, regular indulgences can wreak havoc on your digestive system. For one thing, white sugar is considered "free sugar," which means it is not bound to fiber the way that sugar in whole fruits is. Without the fiber to slow digestion, your blood sugar levels get out of whack (which can eventually lead to conditions like diabetes). Here's how: When sugar enters the bloodstream, the pancreas releases insulin to stabilize your blood sugar and the adrenals are triggered to produce extra cortisol. In the digestive system, cortisol inhibits the production of hydrochloric acid, which is required to break down food. This acidic imbalance can lead to chronic inflammation, leaky gut, gas and bloating, and eventually even autoimmune disease. Excess sugar also decreases the body's mineral supply. While coconut palm sugar is not a health food, it does contain many trace minerals and has a lower fructose and glucose content, which means it won't affect your blood sugar as dramatically. Still, use it in moderation and, as always, be sure you are purchasing a quality product.

## Maitake Ginger Chews

Paleo • Vegan • Gluten-free • Low-fat

In addition to aiding digestion, ginger helps with inflammation. Ginger contains molecular compounds called gingerols, which are bioactive compounds that reduce the production of excess prostaglandins. Prostaglandins are fats that collect in areas where there is tissue damage or infection, and can cause inflammation and inhibit blood flow, among other things. Maitake has the proven ability to reduce intestinal inflammation, which, when left untreated, can lead to chronic inflammation. Maitake and ginger are a powerful duo when it comes to reducing inflammation and preventing tummy troubles, so toss the Tums and chew on these instead.

**MAKES 20 “CHEW BALLS”**

**TOTAL TIME: 15 MINUTES PLUS 2 HOURS CHILLING TIME**

**30 small dried dates (about 2 loose cups), soaked in water for 2 hours and drained**

**1 tablespoon almond butter**

**3 tablespoons grated fresh ginger (from about one 5-inch piece)**

**½ teaspoon pure vanilla extract**

**¼ teaspoon fine sea salt**

**3 tablespoons coconut oil**

**½ teaspoon liquid stevia**

**½ teaspoon ground cinnamon**

**2 tablespoons maitake extract**

**½ cup crushed almonds**

1. Using a clean, absorbent kitchen towel, squeeze most of the water out of the soaked dates.
2. Put the dates in a high-speed blender and add the almond butter, ginger, vanilla, salt, coconut oil, stevia, and cinnamon. Blend until

smooth. (A Vitamix or other high-speed blender with a tamper stick works the best for this, but you can also use a food processor fitted with the S-blade.)

3. Form the dough into a large ball and place it in a large bowl. Cover the dough directly with plastic wrap and freeze for 1 hour.
4. Remove the chilled dough from the freezer. Using your hands, pull off bits of dough and roll them into 1-inch balls.
5. In a bowl, combine the maitake extract and the crushed almonds, then spread the mixture on a plate. Roll the chew balls in the coating and transfer to a clean plate. Refrigerate for at least 1 hour before serving. Store the balls in an airtight container in the refrigerator for up to 10 days.

## Pickled and Dehydrated Shiitake Jerky

Paleo • Vegan • Gluten-free • Low-glycemic • Low-fat

Pickling is a form of fermentation, a process that naturally infuses the item being pickled with probiotics that generate good bacteria in your gut. While the gut-health-promoting properties and high fiber of these pickles make them great for reducing inflammation, the real bonus about this recipe is that it's a twofer: you can enjoy these mushrooms in their pickled form—they are super good in salads or as a flavorful addition to grain bowls—or you can dehydrate them to make vegetarian jerky for snacking.

**MAKES 1 QUART**

**TOTAL TIME: 40 MINUTES ACTIVE TIME, PLUS PICKLING TIME (3 TO 14 DAYS)  
AND/OR DEHYDRATING TIME (2 TO 3 HOURS)**

**2 cups dried shiitake mushrooms, or 8 ounces fresh shiitakes,  
stemmed and thickly sliced**

**½ cup coconut palm sugar**

**½ cup soy sauce**

**½ cup white wine vinegar**

**1 (3-inch) piece fresh ginger, peeled and finely chopped**

1. If using dried mushrooms, soak them in 2 cups hot water for about 20 minutes, or until soft. Remove the mushrooms from the water and squeeze out the extra liquid. Stem the mushrooms and slice the caps into thick strips. Strain the soaking liquid through a fine-mesh sieve lined with a coffee filter set over a saucepan.
2. Add the sugar, soy sauce, vinegar, and ginger to the soaking liquid. Bring the mixture to a boil, then reduce the heat to medium-low and simmer for 20 minutes. Remove the saucepan from the heat and allow the mixture to cool.

3. Put the mushrooms in a 1-quart mason jar. Pour in enough of the cooled soy sauce mixture to cover them. Cover the jar and refrigerate for 3 days and up to 2 weeks, depending on the desired flavor. You can stop here and enjoy the mushrooms as you would any pickle. Or . . .
4. To make jerky, preheat the oven to 150°F. Line a baking sheet with parchment paper.
5. Place the pickled shiitake pieces on the prepared baking sheet and dehydrate in the oven for 2 to 3 hours, keeping the oven door slightly open for ventilation (the handle of a wooden spoon propped in the oven door works well).

# Chocolate-Avocado Mousse with Turkey Tail

Vegan • Paleo • Gluten-free • Low-glycemic

This dessert is so simple—and it's addictively good. Need proof? The last time I made this dessert, I ate all four portions by myself. Though I don't recommend making a regular habit of this bulk consumption, it was better for me than eating an entire quart of ice cream (and I know none of us has ever done that, right?).

This mousse is dessert health food across the board. Cacao is incredibly rich in magnesium—one of the most crucial-for-good-health minerals there is—and can do everything from reduce stress to improve heart health. The avocado and nut milk contain anti-inflammatory good fats, and while you could use any medicinal mushroom in this recipe, I particularly like making it with turkey tail, which has extremely effective anti-inflammatory properties.

So give yourself a break the next time you have guests coming for dinner, and make this mousse. You can make it a day or two in advance, and if your guests don't show, trust me when I say you won't have any trouble eating it all by yourself.

**SERVES 4**

**TOTAL TIME: 10 MINUTES, PLUS CHILLING TIME**

**½ cup unsweetened cacao powder**

**½ cup nut milk of choice (almond, hemp, coconut, cashew, etc.)**

**2 teaspoons liquid stevia**

**1 teaspoon turkey tail extract**

**1 teaspoon coconut oil, at room temperature**

**1 teaspoon pure vanilla extract**



**Pinch of sea salt**

**2 large ripe avocados, pitted and peeled**

**Dried fruit, nuts, or seeds of choice (optional)**

1. In a small bowl, whisk together the cacao powder, nut milk, stevia, turkey tail extract, coconut oil, vanilla, and salt. Set aside.
2. Place the avocados in a blender and puree until smooth. Add the cacao mixture and blend to incorporate. (If you opt to do this by hand, a handheld mixer will work just as well.)
3. Divide the mousse among four dessert bowls or ramekins. Refrigerate for 1 to 3 hours. Just before serving, top each mousse with dried fruit, nuts, or seeds, if desired. The mousse will keep, covered, in the refrigerator for up to 2 days.

### **CACAO VS. COCOA**

We know! The close spelling can make these ingredients confusing, but there's a big difference between the two. Cocoa powder is made from roasting cocoa beans at high heat before grinding them into a powder, while cacao is made by cold-pressing raw cocoa beans. In both processes, the fat is removed, but with cacao the enzymes and fiber content remain stable, aiding in digestion. The cold-press process also lowers the chance for bitter flavors and other inconsistencies to develop, as can happen with cocoa powder.



## RECIPES FOR GUT HEALTH

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We often hear the advice to “trust your gut,” so keeping your trusty sidekick in tip-top shape by feeding it healthy bacteria is a wise idea. All the recipes in this section will replenish the microbes in your gut to create a healthy and flourishing digestive system. These dishes have stood the test of time—miso soup has been consumed in Asian cultures for centuries, and though many believe sauerkraut to be an eighteenth-century German invention, there’s evidence that it’s been eaten in China for more than two thousand years, about as long as Eastern cultures have been drinking kombucha. Though it’s less well-known in the United States, jun tea has a long history of being passed down from generation to generation in Tibetan and Indian cultures. The point is, while we’ve been busy destroying our guts with refined and processed foods, older civilizations around the world have long understood the importance of eating foods that are restorative to the digestive process. And like we said, good gut health is often the domino that starts the process to overall optimal health.

We’ve used reishi in two of the four recipes here, but feel free to experiment with other medicinal mushrooms, too, as most, if not all, have incredible gut-healing properties. When it comes to your gut, mushrooms are always a good idea.

## Miso Mushroom Seaweed Soup

**Paleo • Vegan • Gluten-free • Low-glycemic • Low-fat**

Japanese miso soups are known for being low in calories, high in protein, and extremely healthy—studies have even shown that the consumption of miso soup can reduce the incidence of breast cancer. Miso is a paste made out of fermented soybeans. The fermentation process creates good bacteria in the form of probiotics and gives miso its unique umami flavor. If you have a sensitivity to soy products, you can still enjoy this soup; miso can also be made with barley and chickpeas, so shop around to find the option that works for you.

Our twist on miso soup ups the ante on liquid health, thanks to a hearty addition of chaga, seaweed, and almonds. Your bloodstream absorbs nutrients more readily from liquid foods instead of solid foods, so this soup immediately delivers high quantities of probiotics, fiber, protein, and good fats. We're going to guess that the layers of flavor will soon have you serving up seconds, so maybe make a double batch.

**SERVES 4**

**TOTAL TIME: 10 MINUTES PREP TIME PLUS 1 TO 4 HOURS STEEPING TIME  
(DEPENDENT ON PERSONAL PREFERENCE)**

**2 tablespoons chaga powder**

**1/4 cup unpasteurized miso (soy, barley, or chickpea)**

**4 garlic cloves**

**1/4 cup extra-virgin olive oil**

**1/3 cup whole almonds (preferably soaked for at least 4 hours)**

**1/4 cup seaweed flakes (available at natural food and other specialty stores)**

**Juice of 1 lime**

**Pinch of chile powder or dash of Sriracha sauce (optional)**

**Slivered almonds, for garnish (optional)**

1. In a large saucepan, combine the chaga powder and 8 cups water. Bring to a simmer over low heat. Simmer for 1 to 4 hours, depending on how strong you want the chaga flavor (see Tip). Keep an eye on the broth as it simmers and add more water as it evaporates.
2. Once the chaga brew reaches your desired potency level, allow it to cool slightly before pouring it into a high-speed blender. Add the miso, garlic, olive oil, whole almonds, seaweed, lime juice, and chili powder and blend on high speed until the soup is smooth and frothy. Be super careful when blending hot liquids—blend the soup in batches, if necessary.
3. Divide the soup among four soup bowls or large mugs and garnish with sliced almonds and additional chili, if desired.

*Tip: The stronger the chaga flavor (the longer the chaga steeps in the hot water), the more nutrients the soup will contain.*

## Mushroom Sauerkraut

**Paleo • Vegan • Gluten-free • Low-glycemic • Low-fat**

Sauerkraut is a powerhouse of good-for-you bacteria and fiber. It's basically a condiment cure-all for your gut. A few things you need to know about sauerkraut: One, it is one of the most absurdly easy and super-cheap superfoods you can make. Two, it keeps in the fridge for ages. Really, everyone should have a big ol' jar of it constantly chilling out next to the hot sauces, mustards, and pickles currently crowding all refrigerator doors. Three, it's a fun DIY project to make with your kids or friends.

Sauerkraut has long been a staple in Slavic countries, Germany, and Scandinavia. These are also some of the world's most mushroom-friendly countries, and since mushrooms and kraut both offer amazing immune support, eating them together makes sense. You won't necessarily taste the mushrooms in this dish—thanks to sauerkraut's signature sour flavor, you can easily “hide” fairly large quantities of mushrooms, giving you a green light to load up on the reishi, shiitake, or other mushroom of your choice.

**MAKES 1 GALLON (ABOUT 25 SERVINGS)**

**TOTAL TIME: 30 TO 40 MINUTES PLUS FERMENTATION TIME  
(A MINIMUM OF 1 TO 16 WEEKS AND UP TO 1 YEAR)**

**SPECIAL EQUIPMENT:** Water-sealed fermentation crock/fermenter (strongly recommended) or multiple large mason jars (see Note)

**5 pounds thinly sliced cabbage (2 or 3 heads), rinsed and dried**

**2 red onions, thinly sliced**

**3 tablespoons salt**

**2 to 3 teaspoons preferred mushroom extract (reishi and shiitake are especially recommended)**

**Cayenne pepper, ground turmeric, ground ginger, ground coriander or mustard seeds, as desired (optional)**



1. Combine the cabbage, onion, and salt in a very large bowl. Massage the mixture with your hands for a few minutes, until the vegetables become limp and release their liquid. The mixture should reduce by about half.
2. Add the mushroom extract and other spices, if using.
3. If you're using a fermentation crock, follow the manufacturer's instructions, making sure the cabbage is completely submerged underneath the weighted plates. If you're using a sterilized mason jar, you can make your own weight by using a smaller sterilized jelly jar filled with pie weights, small stones, or something else to give it heft (see illustration). Once the jelly jar is weighing down the cabbage, cover the larger mason jar with a clean cloth and secure it with a rubber band. Do not use the lid, as it will prevent airflow.
4. The length of fermentation will be anywhere from 1 to 16 weeks, depending on the room temperature, size of your batch (smaller batches and those made in mason jars will ferment much more quickly), and desired flavor. The amount of good bacteria present

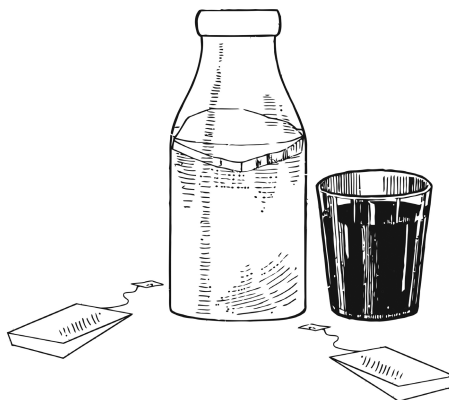
will vary and increase over time, but you can safely test the sauerkraut after 1 week and continue to do so daily or weekly, until it is to your liking. Once you obtain your desired flavor, cover the mason jar with its lid and store in the refrigerator for up to 1 year.

**Note •** *If you opt to use a mason jar, be aware that smaller pieces of cabbage can more easily escape the makeshift weight and float up to the top of the liquid. This can create mold. One way to solve this problem is to set aside a few larger outer cabbage leaves and use them to cover the sliced cabbage. The weight goes on top of the outer leaves, which will help keep the cabbage underneath submerged. The outer leaves should be discarded when the sauerkraut is ready to eat.*

## Reishi Kombucha

Paleo • Vegan • Gluten-free • Low-fat

In Russian, Chinese, and Japanese, *kombucha* literally translates to “tea mushroom,” because of the sea creature–esque “mushroom” that floats along the bottom of this tea-based drink. The floater isn’t a mushroom but a SCOBY (symbiotic culture of bacteria and yeast), and is the home for the bacteria and yeast that transform tea into kombucha. Every new batch of kombucha creates a “baby” SCOBY, so the best way to get started making kombucha on your own is to receive an extra SCOBY from a friend. You can also start a batch from an unpasteurized, store-bought kombucha drink—just set aside the tiny SCOBY and  $\frac{1}{2}$  to 1 cup of the kombucha before drinking it and store together in a tightly sealed bag or jar filled with sugar water in the fridge.



Because kombucha is fermented, it will have a very slight alcohol content. If prepared and stored as we indicate here, it will be 0.5% or less.

### Feeding a SCOBY

A quick note about the sugar in this recipe, since we know white sugar is the enemy: The SCOBY feeds on sugar, and it’s necessary to create the essential probiotics that make kombucha so valuable for promoting gut health. The fermentation process will break down the sugar, so the longer the kombucha ferments, the less sugar will be in the final product—just a fraction of the sugar you began with.



**MAKES 8 CUPS**

**TOTAL TIME: 20 MINUTES PLUS FERMENTATION TIME (7 TO 10 DAYS)**

**4 bags of black tea**

**2 grams reishi extract powder**

**½ cup sugar**

**1 cup minimally flavored prepared kombucha drink (can be store-bought)**

**1 kombucha SCOBY (from the prepared drink)**

1. Bring 1 cup water to a boil in a large saucepan. Add the tea bags, turn off the heat, and steep for 5 minutes.
2. Remove and discard the tea bags. Stir in the reishi extract powder and sugar.
3. Add 7 cups water to the sweetened reishi-tea mixture to cool it down. Transfer the liquid to a large sterilized mason jar.
4. Add the prepared kombucha drink as a starter, then gently place the SCOBY on top (the starter tea should always be at least 10 percent of the drink you're making, since without the SCOBY and starter, your kombucha will not have the bacterial base to grow from). The SCOBY may float or sink—after a few days, it should start floating or a new SCOBY will begin to form on top of the liquid.
5. Cover the mouth of the jar with a clean cloth and secure it in place with an elastic band. Let the jar stand at room temperature, out of direct sunlight, for 7 to 10 days. Taste the kombucha every few days to see how the flavor changes. When you like the flavor, remove the SCOBY and save it in an airtight container filled with sugar water in the fridge for your next batch. Decant the kombucha in small glass bottles (see Note).

**Note** • *If you prefer your kombucha carbonated, add an additional teaspoon of sugar to each bottle, seal them tightly, and let stand at room temperature for an additional 2 days before transferring them to the fridge.*



#### ADVANCED MOVE

Try making kombucha from oolong or Pu-erh teas. Oolong is a happy medium between black tea and green tea, while Pu-erh, on the other hand, is a very strong fermented tea from China's Yunnan province. We recommend trying oolong first, as Pu-erh has a deep, earthy flavor that is something of an acquired taste. It's worth experimenting with both as they contain significant health benefits that go beyond those of typical black breakfast tea.

## Mushroom Jun Tea

**Paleo • Vegetarian • Gluten-free • Low-fat**

Jun tea is kombucha's lesser-known Tibetan cousin. Unlike its more popular relative, jun tea feeds on honey instead of sugar and has a green tea base. Both offer similar gut-healing probiotic benefits, but jun tea's flavor is a bit smoother, so it can be a more appealing option for those who are just starting out with fermented teas. Kombucha is fantastic, but because honey is preferable to sugar in terms of health and green tea is packed with such an array of antioxidants, it's only a matter of time before jun tea takes over the health beverage spotlight.

Jun tea usually contains a higher alcohol content (around 2%, compared to kombucha's possible 0.5%), so you might not want to serve it to children. This recipe calls for lion's mane extract, but you can also experiment with other mushroom extracts.

**MAKES 1 GALLON (8 TO 10 SERVINGS)**

**TOTAL TIME: 10 MINUTES PLUS FERMENTATION TIME (3 TO 10 DAYS)**

**6 to 8 teaspoons loose-leaf green tea of your choice**

**1 cup raw honey**

**1 jun culture (SCOBY; see sidebar on page 41)**

**2 teaspoons lion's mane extract**

**Starter jun tea**

1. Bring 1 gallon spring water to a boil in a large pot and add the green tea. Remove from the heat and allow the tea to steep for 5 to 10 minutes. Let cool to lukewarm.
2. Add the honey to the lukewarm tea and steep for 10 minutes more.
3. Strain the tea to remove the leaves and allow it to cool to room temperature.

4. Transfer the tea to a large sterile mason jar and add the jun SCOBY, lion's mane extract, and the starter tea (this should always be about 10 percent by volume of the drink you're making, as without the SCOBY and starter tea, your jun will not have the bacterial base needed for fermentation).
5. Cover the mouth of the jar with a clean cloth and secure it in place with an elastic band. Store the jun tea at room temperature out of direct sunlight. Depending on your environment, your SCOBY, and the storage jar used, jun tea can take anywhere from 3 to 10 days to ferment. There's no precise science on the amount of time, so test it along the way. Take your first sample after 3 days, and keep trying once each day until it tastes right to you. The tangier it tastes, the stronger it is, and the less sugar remains from the honey.
6. When you're happy with the flavor, remove and store the SCOBY in sugar water in the fridge. Decant the tea into smaller glass bottles. Once bottled, the tea can sit for an additional 2 to 3 days at room temperature to create some slight carbonation. You can also transfer the bottles directly to the refrigerator, which will immediately stop the fermentation process. Bottled mushroom jun tea will keep in the refrigerator for up to 1 month.



#### ADVANCED MOVE

Try making Mushroom Jun Tea with half green tea and half yerba mate or guayusa. The end result is a highly caffeinated beverage that will give you a serious fermented energy boost.

## Fermented Beginnings

If you don't have a SCOBY from a past batch or a fellow fermenter, you can use store-bought bottled kombucha or jun tea. Once you start making your own, always remember to save some of the drink to use as a starter for your next batch. After a few batches, you will actually grow a new SCOBY, which you can donate to a friend. You can cut bigger SCOBYs into smaller pieces to run several batches at the same time, but minimize the handling of the SCOBY with your bare hands and don't use metallic instruments to cut it (a ceramic knife is the best option).



## RECIPES FOR HORMONAL BALANCE

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The human body produces more than fifty hormones, so it's not surprising that the balance often gets tipped in one direction or another. Normal hormonal activity can be disrupted by environmental, physical, or emotional changes; aging; an increase in stress levels; and as a result of the various uppers and downers many of us consistently ingest in the form of food and drink, vitamins and supplements, and prescribed medications. Due to the culture we live in, it's not too surprising that the vast majority of hormonal imbalances most people suffer from are related to being *overstimulated*. This point can easily be driven home when you consider how many times people mention how stressed, busy, or tired they are during an average week.

We're not saying your morning mug of coffee or your evening glass of red is a no-no, but we do suggest that you try mushroom coffee and mushroom cocktails as alternatives (see pages 84-90 and 102-7). The real issue is that you should not be relying on using uppers throughout the day to the point where you have to counteract their effects with a slew of downers at night to mellow out. Your body doesn't deserve such a constant roller coaster ride! In fact, your body won't allow it and will rebel in all kinds of nasty ways (in the form of weight gain, loss of sex drive, poor digestion, that awful wired/tired yo-yo dance, and more). Fortunately, the recipes we include here will keep all your hormones balanced and in check.

# Turkey-Tail Carob Elixir

Paleo • Vegan • Gluten-free • Low-glycemic • Low-fat

The comfort that comes from enjoying a warm, delicious beverage is something everyone should be able to experience, but some people's systems are too sensitive to handle the stimulants that are naturally present in coffee, hot chocolate, and most teas. This recipe takes care of that problem. We use carob powder, which contains none of the caffeine or theobromine found in coffee and cacao, so there will be absolutely no jitters or diuretic effects to worry about. While you won't fully confuse the flavor of carob for that of chocolate or coffee, you'll still taste the essence of both, so it makes for a satisfying alternative. The big bonus here is that without having to deal with any stimulation to the nervous system, the body can better absorb the nutrients from the carob and turkey tail mushroom. We added turkey tail for its adaptogenic properties, making this elixir a great choice for anyone with adrenal fatigue or overall elevated stress levels. Try it first without the maple syrup; you may find this hearty, earthy, energizing beverage is just right as it is.

**SERVES 4**

**TOTAL TIME: 5 MINUTES**

**1/4 cup carob powder**

**1/4 cup unsweetened desiccated coconut**

**1/4 cup almonds (preferably soaked in water for at least 4 hours)**

**2 teaspoons coconut oil**

**1 teaspoon turkey tail extract (see Note)**

**1 teaspoon ground cinnamon**

**1/2 vanilla bean, seeds scraped and pod discarded**

**2 to 3 tablespoons pure maple syrup, agave, raw honey, or other natural sweetener (optional)**

Combine all the ingredients and 3 cups hot water in a high-speed blender and blend on high until completely combined and smooth, 15 to 20 seconds. Divide among four mugs and serve immediately.

**Note** • *Instead of using the turkey tail extract, you can make your own turkey tail decoction by soaking 3 to 5 pieces in 5 to 6 cups hot water for 4 to 5 hours.*



## Reishi Chocolate Almonds

Paleo • Vegetarian • Gluten-free

Thanks to the healthy fats in the almonds, the natural sweetness of the honey, and the metabolism-boosting properties of cinnamon, these are chocolate-covered nuts you can feel good about eating. When shopping for dark chocolate, choose the brand with the highest cacao percentage you can find and afford, as it will contain fewer sugars, milk solids, and additives. And as for the reishi, it's the best mushroom to reach for at night—its adaptogenic properties work to calm your system and ensure quality, restful sleep, so it's a great snack to have before bedtime.

**SERVES 4 TO 6**

**TOTAL TIME: 20 MINUTES**

**6 ounces dark chocolate (at least 70 to 80% cacao)**

**1 teaspoon reishi mushroom extract powder**

**1/3 cup raw honey**

**Pinch of ground cinnamon**

**1 cup raw almonds (unblanched; preferably soaked for at least 4 hours)**

1. Line a baking sheet with parchment paper.
2. Melt the chocolate in a double boiler over low heat, about 10 minutes. Add the reishi powder to the melted chocolate, stir well to combine, and set aside.
3. Meanwhile, in a saucepan, combine the honey, cinnamon, and 1/3 cup water. Bring to a simmer over medium heat. When the mixture begins to simmer, stir in the almonds. Cook the nuts for 5 minutes, stirring occasionally. Remove from the heat.

4. Add the honey-coated almonds to the chocolate and stir until evenly coated. Spread the chocolate-covered almonds over the prepared baking sheet and set aside to cool, allowing them to harden for at least 1 hour before serving.

# Superfood Slushie

Paleo • Vegan • Gluten-free

This spoonable meal is packed with antioxidants, delivering energy and nutrients to your body to keep you going for hours. Made with healing herbs, it has powerful adaptogenic properties, and—best of all—can be changed up daily to suit your tastes and preferences. I've been making some variation on this slushie almost every day for breakfast or as an afternoon snack for the past ten years. Consider it an edible playground and an opportunity to have some fun in the kitchen. But make sure to rinse well with water or give your teeth a good brushing afterward—a big green smile is not a good look on anyone!

**MAKES 1 BOWL**

**TOTAL TIME: 3 MINUTES**

**1 tablespoon spirulina powder**

**2 tablespoons honey**

**2 tablespoons olive oil**

**1 tablespoon hulled hemp seeds**

**1 teaspoon reishi or chaga extract**

**Pinch of salt**

**Preferred toppings (dried inca, goji berries, blueberries, cacao nibs, bee pollen, sliced avocado, nuts, and/or seeds)**

Mix all the ingredients except the toppings with  $\frac{1}{2}$  cup water in a bowl. Finish with a sprinkling of the toppings of your choice.

# Maca-Mushroom Buns

**Vegan • Gluten-free • Low-fat**

Maca is a wonder drug when it comes to restoring and regulating the hormonal system. It's celebrated for helping women regain their libido, which is why it's best known for its powers as an aphrodisiac. Adding maitake for its blood-regulating properties means you won't need to worry about a carb crash. These buns have a chewy texture that's as satisfying and delicious as traditional rolls, and they can easily be made gluten-free depending on the oats you use.

**MAKES 12 BUNS**

**TOTAL TIME: 1 HOUR**

**1 cup old-fashioned rolled oats (use certified gluten-free oats if necessary for your diet)**

**11 grams instant yeast (about 2 heaping teaspoons, depending on the brand)**

**2 cups lukewarm water**

**2 cups gluten-free all-purpose flour**

**6 tablespoons maca root powder**

**2 tablespoons maitake mushroom powder**

**1 teaspoon salt**

**1 tablespoon coconut sugar**

**3 tablespoons olive oil**

**Flaxseeds, as desired (optional)**

1. Preheat the oven to 450°F and position a rack in the center of the oven. Line a baking sheet with parchment paper.
2. In a large bowl, stir together the oats, yeast, and 2 cups lukewarm water.

3. Add the flour, maca, maitake, salt, coconut sugar, and olive oil and stir with a wooden spoon until evenly mixed. Pour onto the prepared baking sheet and shape into a rectangle. Cover with a clean kitchen towel and let rise for 30 minutes.
4. Sprinkle the dough with a bit of water and scatter flaxseeds on top, if desired. Use a knife to slice the dough into 12 equal squares, but keep the squares together. Bake for 12 to 15 minutes, or until golden brown. Transfer to a wire rack and let cool slightly before serving.

A decorative border on the left side of the page features several detailed line drawings of different mushroom species, including button mushrooms, cremini mushrooms, and a large portobello mushroom, arranged vertically.

## RECIPES FOR IMMUNE SUPPORT

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The heart of this book lies in mushrooms' ability to offer incredible immune support. No matter which mushroom(s) you choose to add to your life, your immune system will benefit greatly, and an optimally functioning immune system will lead to great overall health and wellness. All the mushrooms we discuss in this book contain crucial polysaccharides and beta-glucans that make them powerful immunomodulators, though each works slightly differently in the body. Basically, cooking with mushrooms will help you feel your best. Here we've chosen some of our all-time favorite recipes for that very reason.

## Broccoli Soup with Mushroom “Bacon”

Paleo • Vegan • Gluten-free

Pairing a superfood like shiitake with broccoli—which has been called “the world’s healthiest vegetable” due to its ample amounts of fiber, vitamins, and nutrients—makes this soup something of a wonder bowl. In addition to delivering a dose of shiitake’s beauty benefits (glowing skin!), this soup is incredibly creamy (despite being completely dairy-free), has a great crunch from the vegan “bacon,” and gets a nice kick from the raw onion. This is a vegan and vegetarian crowd-pleaser for sure, but we bet it’ll be the carnivores at the table serving themselves up seconds. Adding the shiitake extract is not mandatory, but is highly recommended to make the soup more potent.

**SERVES 6**

**TOTAL TIME: 45 MINUTES**

### **FOR THE MUSHROOM BACON**

**1/4 cup sunflower oil**

**1 smoked sweet paprika**

**2 teaspoons coarsely ground cumin**

**3 tablespoons pure maple syrup**

**1 teaspoon shiitake powder (optional)**

**Salt and freshly ground black pepper**

**12 shiitake mushrooms**

### **FOR THE BROCCOLI SOUP**

**2 large heads broccoli, chopped into florets**

**3 carrots, coarsely chopped**

**3 celery stalks, coarsely chopped**

**1 medium onion, coarsely chopped**

**1 cup cashews (preferably soaked in water for at least 4 hours)**

**3 tablespoons coconut butter or ghee**

**3 tablespoons olive oil**

**2 teaspoons salt**

**1 teaspoon freshly ground black pepper**

1. To make the bacon, preheat the oven to 350°F. Line a baking sheet with aluminum foil.
2. In a medium bowl, stir together the sunflower oil, paprika, cumin, syrup, and shiitake powder (if using) until combined. Season with salt and pepper.
3. Stem the mushrooms, reserving the stems for the soup. Slice the caps into ½-inch-thick slices and place them flat on the prepared baking sheet. Drizzle with three-quarters of the syrup mixture and toss to coat. Bake for 15 to 20 minutes, until golden brown.
4. Remove the baking sheet from the oven, flip the mushrooms, and pour the remaining syrup mixture on top. Bake for 10 to 15 minutes more, or until the mushrooms are crispy. Remove from the oven and set aside to cool.
5. Meanwhile, to make the soup, bring 4 cups water to a boil in a large pot. Add the broccoli, carrots, celery, and reserved mushroom stems and cook until soft, 5 to 7 minutes.
6. Add the onion, cashews, coconut butter, olive oil, salt, and pepper. Carefully puree the soup directly in the pot with an immersion blender until smooth.
7. Divide the soup among six bowls and top with the mushroom bacon.



# Chaga Jelly Bowl

Paleo • Gluten-free • Low-fat

I know this recipe sounds weird: Who wants to eat a bowl of jelly? Well, once you hear what's in this bowl of goodness—which has the consistency of a thick yogurt and makes for a great breakfast, snack, or dessert—you sure will. Gelatin is a protein derived from the collagen found in animal bones (so take note that this dish is not vegetarian, but you can make it so by using agar agar instead, and while we have plenty of collagen in our bodies, it's a protein that reduces over time, leading to brittle hair, loss of skin elasticity, and joint problems. The gelatin in this dish can assist with everything from strengthening your hair and nails to providing relief from arthritis. The addition of chaga, which you now know contains ample amounts of melanin to make your skin, hair, and nails positively lustrous, means this jelly bowl might as well be called a beauty bowl. Its beautifying properties aside, this is a simple, easy-to-digest meal that can be customized to satisfy sweet or savory cravings. The immunomodulating benefits are immediate and powerful; you will feel good after eating this.

**SERVES 2 GENEROUSLY**

**TOTAL TIME: 10 MINUTES PLUS 2 HOURS SETTING TIME**

**1 tablespoon gelatin powder**

**1/4 cup boiled water**

**1 1/2 cups strong Chaga Decoction (page 10; see Note), cooled**

**1/4 cup honey**

## **OPTIONAL TOPPINGS**

**Chopped nuts**

**Seeds**

**Pine pollen**

**Gluten-free granola**

**Fresh berries**

**Lemon zest**

1. In a large bowl, bloom the gelatin by sprinkling it over  $\frac{1}{2}$  cup lukewarm water. Let stand for 3 to 5 minutes.
2. Pour the boiling water over the gelatin and whisk well to ensure the gelatin is completely dissolved.
3. Add the chaga decoction and honey and stir to combine. Divide the mixture between two bowls and refrigerate for at least 2 hours to set.
4. When ready to serve, top each bowl with a mix of your preferred toppings.

**Note** • *If you do not have a batch of Chaga Decoction on hand, you can dissolve 2 grams chaga extract powder in  $\frac{1}{2}$  cup hot water. Once fully dissolved, add 1 cup cold water and stir to combine.*

# Oyster Mushroom Risotto

Vegetarian • Low-fat

I've eaten my way around the world, and while I've found that the cuisine of every culture is rife with delicacies, it's just hard to top Italian food. There's something about it that is universally appealing; it's always super fresh, rich, and flavorful, yet never too heavy. Italians just get food.

You can bring a taste of *la dolce vita* into your own kitchen with this surprisingly simple risotto recipe. The health bonus here is that oyster mushrooms contain high amounts of ergothioneine, an amino acid and powerful antioxidant that works to protect cells from damage by free radicals and boosts and regulates the body's immune response. This is a health-infused comfort food dish that works well for lunch or dinner, as a main or a side. People can't get enough of it—must be an Italian thing.

**SERVES 4**

**TOTAL TIME: 40 MINUTES**

**4 cups vegetable, chicken, or beef stock**

**1 ounce dried oyster mushrooms, or 3 large fresh oyster mushrooms, sliced**

**2 tablespoons extra-virgin olive oil**

**2 garlic cloves, finely chopped**

**1 medium onion, chopped**

**10 ounces Arborio rice**

**½ cup dry white wine**

**4 tablespoons (½ stick) unsalted butter**

**3 tablespoons grated Parmesan cheese**

**Small bunch fresh parsley, finely chopped**

**Salt and freshly ground black pepper**

1. In a large pot, bring the stock to a boil over high heat. Turn off the heat, add the dried mushrooms (if using), and cover. Soak for 20 minutes. Remove the mushrooms with a slotted spoon and use a clean kitchen towel to gently squeeze out any excess liquid. Reserve the stock and the mushrooms separately.
2. In a large saucepan, heat the olive oil over medium heat. When the oil is hot, about 1 minute, add the garlic and onion. Cook, stirring continuously, for about 5 minutes, until the garlic and onion are soft and fragrant.
3. Add the rice to the pan and cook for 1 minute. Add the wine and bring to a simmer. Cook for 2 to 3 minutes.
4. Add one-quarter of the reserved stock and simmer, stirring often, until the rice has absorbed all the liquid. Add another quarter of the stock, simmer, and stir until all liquid has been absorbed. Repeat this process with the remaining stock. The total simmering time will be 15 to 20 minutes, and the rice should be just *al dente*.
5. Remove the pan from the heat and stir in the butter, half the cheese, half the parsley, and the rehydrated mushrooms (or the fresh mushrooms, if using), and season with salt and pepper.
6. To serve, spoon the rice onto plates and garnish with the remaining cheese and parsley.

# Oatmeal Cookies with Enoki White Chocolate Coating

**Vegetarian • Gluten-free**

By now, everyone knows about the heart-health benefits of whole oats, so they were a good starting point for this recipe. We added good fats in the form of nuts and nut butter and lowered the glycemic index of the cookies by using coconut palm sugar in place of white sugar. The coating is made with rice bran solubles (tocotrienols), natural sweeteners, and pure cacao butter, making it the healthiest frosting you'll ever eat. Cacao butter contains none of the stimulants found in milk and dark chocolate, so there'll be no caffeine or sugar high with this treat. Adding enoki for its antioxidants like ergothioneine seals the deal on these super cookies. So there's really only one question to ask now: Would you like a glass of warm nut milk with your cookies?

**MAKES 30 COOKIES**

**TOTAL TIME: 30 MINUTES PLUS 20 MINUTES CHILLING TIME**

## **FOR THE COOKIES**

**½ cup (1 stick) unsalted butter, at room temperature**

**1 cup almond butter**

**1 cup coconut palm sugar**

**2 large eggs**

**1 teaspoon pure vanilla extract**

**3 cups old-fashioned rolled oats**

**1 ½ teaspoons baking soda**

**½ cup chopped walnuts**

## **FOR THE WHITE CHOCOLATE COATING**

**1 cup cacao butter**

**¾ cup tocotrienols (rice bran solubles; see sidebar, page 59)**

**2 tablespoons lucuma powder (see sidebar, page 59; optional)**

**2 tablespoons coconut palm sugar**

**3 grams enoki extract powder**

**1½ teaspoons pure vanilla extract**

**Pinch of salt**

1. To make the cookies, preheat the oven to 350°F and position the racks in the upper and lower thirds of the oven. Line two baking sheets with parchment paper.
2. In a large bowl using a handheld mixer, beat the butter, almond butter, and coconut palm sugar until smooth.
3. Add the eggs and vanilla and beat until well combined.
4. Using a wooden spoon, mix in the oats and baking soda by hand until just combined. Stir in the walnuts.
5. Drop 2-tablespoon-size portions of dough a few inches apart on the prepared baking sheets.
6. Bake the cookies for 10 to 12 minutes, or until golden brown. Let cool for 5 minutes on the baking sheets before transferring to a wire rack to cool completely.
7. To make the white chocolate coating, chop the cacao butter into large chunks and place in a double boiler over low heat. Melt slowly, until it is completely smooth. Stir in the tocotrienols, lucuma powder (if using), coconut palm sugar, enoki extract powder, vanilla, and salt and mix until well combined. Place the cacao mixture in the refrigerator for 10 minutes to cool slightly.
8. Line a baking sheet with waxed paper. Once the cookies have cooled completely, dip them in the cacao frosting to coat. Place the dipped cookies on the prepared baking sheet and freeze for 20 minutes to set the frosting before serving.
9. Store the remaining cookies in an airtight container at room temperature for up to 4 to 5 days, or in the refrigerator for 2 to 3 weeks.

## What Are Tocotrienols?

Tocotrienols are members of the vitamin E family and are found in many fruits and plants like rice, wheat, barley, and rye. We love adding tocotrienol powder to soups, smoothies, desserts, and sauces, as the powder lends a luscious creamy texture without needing to add any dairy products, making this one very healthy secret ingredient. Tocos are an especially helpful supplement for anyone who wants to improve their skin or is sick often.

## What Is Lucuma Powder?

This Peruvian fruit can be used in recipes as a natural sweetener. Because it contains vitamins and minerals such as beta-carotene, iron, zinc, vitamin B<sub>3</sub>, calcium, and protein, we endorse using it in place of sugar (or at least replacing half the sugar in many recipes with lucuma) for some added essential nutrients. The powdered form can be found at health food stores and online. If you cannot find lucuma powder, simply double the amount of coconut palm sugar.

A decorative border of various mushrooms, including button, cremini, and shiitake, is arranged around the central text area. The mushrooms are rendered in a detailed, sketch-like style with fine lines and shading.

## RECIPES FOR SKIN AND BEAUTY

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We don't subscribe to specific beauty standards, but it's a basic truth that when everything inside your body is functioning at optimal levels, you will truly be your most beautiful self. Whatever your size, shape, or age, when you have glowing skin, sparkling eyes, and strong, shiny hair and nails, you'll look and feel terrific. We've included these beauty recipes that keep those things in mind.



## Chaga Skin Cream

Paleo • Vegan

Funguys can get a little woo-woo sometimes, so we've got a recipe for making your own kick-butt skin cream. It makes sense that the best topical skin care creams often contain the same ingredients you eat for optimal health, since they're directly absorbed into your body. High-quality oils and butters pair perfectly with chaga's incredibly high melanin content and range of antioxidants to create a wonderfully nourishing cream for your skin. This recipe will heal and protect your body's largest organ, leaving you looking and feeling fantastic. You can modify the recipe as desired by adding the essential oils that will best address your particular skin care needs.

**MAKES 3 OUNCES**

**TOTAL TIME: 1 HOUR**

**1 tablespoon cacao butter**

**3 tablespoons shea butter**

**2 tablespoons coconut oil**

**10 drops essential oils of your choice (see Note)**

**1 teaspoon chaga extract powder**

1. In a double boiler, combine the cacao butter, shea butter, and coconut oil and melt over low heat until smooth. Be careful not to overheat this mixture; you only want to warm it enough to slowly melt everything together.
2. Stir in the essential oil(s). Sprinkle in the chaga extract powder and whisk until well combined. Pour the cream into a glass jar and refrigerate for 30 minutes. Use as desired, especially before and after sun exposure. Store at room temperature. When stored in dry conditions out of direct sunlight, the cream will keep for 1 to 2 years.

**Note** • Choose Your Essential Oils:

*Calm down* with chamomile and lavender.

*Feel positive* with patchouli and jasmine.

*Get energized* with grapefruit and peppermint.

*Boost concentration* with eucalyptus and rosemary.

*Clear your skin* with lemon and rose.

## Berry Blast Smoothie

Paleo • Vegan • Gluten-free • Low-fat

Berries are so beautifully vibrant in color because they contain ample amounts of flavonoids, a type of polyphenol. When ingested, these compounds serve a number of extraordinary health purposes, including regulating blood sugar and blood pressure levels, inhibiting the spread of cancerous cells, warding off dementia, reducing inflammation, and offering powerful antiaging properties to create glowing, radiant skin. We've added tremella here to take advantage of its impressive hydrating and skin-protecting attributes, but you can play around with other mushrooms, too. This recipe is so easy to whip up that it would be silly not to incorporate it into your daily routine. And when people ask how you came to look so good, you can simply answer that you're just having a blast.

**MAKES 4 CUPS, OR 2 LARGE SMOOTHIES**

**TOTAL TIME: 5 MINUTES**

**3 cups fresh or frozen berries**

**1 small pear, cored**

**3 tablespoons organic nut butter (almond, cashew, hemp, etc.)**

**3 tablespoons tocotrienols (see sidebar, page 59)**

**2 tablespoons coconut oil**

**2 teaspoons tremella extract**

**Pinch of salt**

Combine all the ingredients and 3 cups water in a high-speed blender and blend on high for about 30 seconds, or until completely smooth. Pour into two glasses and serve immediately.



#### ADVANCED MOVE

Add 1 tablespoon high-vitamin C berry powder (such as camu camu or acerola) to boost collagen production or 1 teaspoon of the superberry schisandra. In China, where schisandra has long been valued for its beautifying properties, shisandra is known as the “quintessence of tonic herbs” for the crazy amounts of antioxidants it contains.

# Vegetarian “Clam” Chowder

Paleo • Vegetarian • Gluten-free • Low-glycemic

The name of the game with this recipe is hydration, and this soup offers restorative and regenerative properties by the ladleful. While many soups contain scary amounts of sodium that cause water retention and bloating, this heavenly and hearty number has the opposite effect—you’ll feel and look great after chowing down on this chowder. Adding the oyster mushrooms at the end gives them just enough time to acquire a desirable clamlike bite, so even omnivores will enjoy this vegetarian version. We’ve chosen to use tremella in this recipe because it contains a polysaccharide that can hold up to five hundred times its weight in water (see page 67 for more on that!), and tremella also stimulates the production of the antioxidant superoxide dismutase (SOD), which protects the skin from free radicals. Destination glowing skin, here we come.

**SERVES 4**

**TOTAL TIME: 45 MINUTES**

- 2 cups chopped cauliflower florets**
- 1½ cups almond milk**
- 2 tablespoons unsalted butter**
- 1 yellow onion, thinly sliced**
- 2 celery stalks, cut into medium dice**
- 2 carrots, cut into medium dice**
- 1 tablespoon ground cumin**
- 3 tablespoons cornstarch**
- 2 cups vegetable broth (see Notes)**
- 1 large Yukon Gold or purple potato, peeled and cubed**
- 4 ounces fresh shiitake or oyster mushrooms (see Notes), sliced**
- 1 teaspoon tremella extract**
- Salt and freshly ground black pepper**

1. Fill a stockpot with a steamer basket with 2 inches of water and set over medium-high heat. Place the steamer basket in the pot and bring the water to a boil. Add the cauliflower, cover, and steam for 5 to 7 minutes, or until the cauliflower is tender. Remove the steamer basket and cauliflower, and reserve the cooking water.
2. Transfer the cooked cauliflower to a high-speed blender and add 1 cup of the almond milk and 1 cup of the steaming liquid. Carefully blend until smooth. The mixture will be very hot, so allow some steam to escape while blending, if possible. Set aside.
3. In a stockpot, melt the butter over medium-low heat. Add the onion, celery, carrots, and cumin. Cook, stirring often, until the onions become slightly caramelized, about 15 minutes.
4. Add the cornstarch and stir until completely combined. Add the remaining  $\frac{1}{4}$  cup almond milk, the broth, and the potato. Bring the mixture to a boil. Keep the chowder at a rolling boil for 15 minutes.
5. Pour in the creamed cauliflower mixture and add the mushrooms and tremella extract. Simmer for 5 minutes more. Season with salt and pepper and serve immediately.

**Notes** • Bone broth or chicken stock can be substituted for those who don't require a vegetarian version.

*Fresh tremella mushrooms can be hard to find but will also work.*

## Kale Salad with Mushroom “Croutons”

Paleo • Vegetarian • Gluten-free • Low-glycemic • Low-fat

Kale has had a big moment over the past few years, but any other dark, leafy green will work just as well in this recipe. They all have high concentrations of chlorophyll, which give them their characteristic deep green color. Chlorophyll also has antioxidant properties that prevent cell damage, promote cell healing, reduce inflammation, and aid with digestion, so it's safe to say that the more chlorophyll you consume, the better off you and your skin are.

Greens aside, what really sets this salad apart are the croutons. Most commercially available croutons are a nutritional wasteland with zero flavor, so for this dish, we've done a 'shroomy crouton redux. Their earthy, nutty flavor complements the bitterness of the kale, giving us good reason to get back on the kale train. Feel free to experiment with this recipe, adding your favorite seasonal vegetables to create your own perfect balance of crunch and flavor.

**SERVES 2**

**TOTAL TIME: 10 MINUTES**

**10 ounces fresh shiitake mushrooms, cut into 1/2-inch cubes**

**1/2 cup olive oil**

**2 tablespoons fresh lemon juice**

**Salt and freshly ground black pepper**

**1 pound kale or leafy green of your choice**

**3 tablespoons balsamic vinegar**

**3 ounces Parmesan cheese, shaved with a vegetable peeler**

**2 red onions, thinly sliced**

**5 tomatoes, cut into wedges**

**2 English cucumbers, sliced**

**½ cup pitted black olives, sliced**

**10 pepperoncini**

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. In a large bowl, toss the mushrooms with ¼ cup of the olive oil, the lemon juice, and salt and pepper to taste until they're evenly coated. Spread the mushrooms out evenly on the prepared baking sheet and bake for 15 minutes, stirring halfway through, until they are uniformly brown and crispy on the outside.
3. While the mushrooms are baking, place the kale in a large bowl and add the remaining ¼ cup olive oil, the vinegar, Parmesan, and onion. Massage the kale mixture with your hands until the leaves soften, 3 to 4 minutes.
4. Add the tomatoes, cucumbers, olives, and pepperoncini. Season with salt and pepper.
5. To serve, divide the salad between two plates and top with the hot, crispy shiitake mushroom "croutons."





## RECIPES FOR SPORTS PERFORMANCE

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All the medicinal and culinary mushrooms we highlight in this book are effective in terms of bringing oxygen to your cells, which will always make a noticeable impact on your energy levels. But none compare to cordyceps when it comes to providing significant, immediate boosts of energy. This fungus is basically a natural steroid. Cordyceps increases adenosine triphosphate (ATP) levels in the body and can seriously get you going (see more on Chapter 3). So before you make any of the following recipes, it might be a good idea to lace up your sneakers.

## Cordyceps Cubes with Coconut Water

Paleo • Vegan • Gluten-free • Low-fat

Sometimes when you need a quick jolt of energy, the act of even *acquiring* that energy can feel overwhelming. With this recipe, you can solve the problem before it becomes one because you'll have cubes of energy chilling in your freezer. I usually make a tray of these cubes, then store them in a freezer bag and keep the process going so I always have a supply ready to go. We made these cubes with coconut water because of its ability to replenish electrolytes and its incredible hydrating effects on the body. You can add these cubes to anything you're drinking, but they're especially good in coconut water because they won't dilute the beverage as they melt. Coconut water combined with the energetic powers of cordyceps makes these ice cubes the ideal addition to any preworkout drink.

**MAKES 12 CUBES (2 OR 3 SERVINGS)**

**TOTAL TIME: 2 MINUTES PLUS OVERNIGHT FREEZING TIME**

**1/2 teaspoon potent cordyceps mushroom extract**

**2 cups coconut water, plus more for serving**

1. In a measuring cup with a spout, stir the cordyceps extract into the coconut water until completely dissolved.
2. Pour the mixture into the wells of a 12-cube ice cube tray and freeze until solid, 8 to 12 hours.
3. To serve, add 4 to 6 cordyceps ice cubes to a glass of coconut water (or beverage of choice) and enjoy slowly, allowing the ice to fully melt into the drink.

## Watermelon Cordyceps Energizer

Paleo • Vegan • Gluten-free • Low-fat

This drink is a super-hydrating (watermelon is over 90 percent water) energy booster. Watermelon also contains a substance called citrulline that has been known to alleviate muscle soreness due to its ability to improve and increase blood flow. Most of the citrulline in watermelon is concentrated in the rind, so we suggest adding as much of the white inner rind as you can to this drink. The natural sugars from the fruits combine with the chemical compounds in the cordyceps to keep you going throughout even the most rigorous of workouts. And as a bonus, we added a little ginger—thanks to its digestive properties, this won't sit in your stomach the way most sugary sports drinks do.

**SERVES 2**

**TOTAL TIME: 10 MINUTES**

**½ small watermelon (about 5 cups)**

**½ pound strawberries, hulled**

**1 teaspoon (about 2 grams) cordyceps extract powder**

**1-inch piece ginger, peeled**

**10 ice cubes**

Using a sharp knife, slice all the flesh, including a good bit of the white rind, from the watermelon skin. Add all the ingredients to a blender or Vitamix and blend on high for about 30 seconds, until smooth. Pour into glasses and serve.

## Mushroom Hot Chocolate

Paleo • Vegetarian • Gluten-free

Who doesn't love the warm comfort that is a cup of hot chocolate? Incorporating mushrooms gives the drink some needed health benefits without compromising flavor. This is a fairly basic base recipe, and there are countless ways to customize your cacao. Add spices like cayenne or cinnamon, other superfoods like hemp and lucuma, flavors like vanilla and almond . . . and anything else you might fancy.

SERVES 2

TOTAL TIME: 5 MINUTES

1/2 cup cacao butter (see Note)

3 tablespoons unsweetened cacao powder (see Note)

2 tablespoons ghee

2 tablespoons coconut palm sugar (substitute xylitol for a sugar-free option)

2 teaspoons mushroom extract of choice (we recommend chaga, reishi, and cordyceps)

1/4 cup raw cashews, soaked overnight

1/2 teaspoon pure vanilla extract

Pinch of sea salt

Combine all the ingredients and 2 cups hot water in a high-speed blender. Blend on high for 15 to 30 seconds, until mixture becomes super creamy. Use caution when removing the blender lid, as the hot water will create *very* hot steam. Taste the hot chocolate, adding more mushroom extracts and cacao powder if you prefer your drink on the bitter side, or more sweetener if you prefer a more dessertlike drink.

**Note** • In place of the cacao butter and cacao powder, you can instead use 2 1/2 ounces of melted dark (70 to 80% cacao) chocolate.

## Superfood Sports Gel with Cordyceps and Beets

Paleo • Vegetarian • Gluten-free • Low-fat

Beets contain powerful chemical compounds called nitrates that convert to nitric oxide molecules in our bodies. Nitric oxide has been proven to increase blood flow by relaxing and expanding blood vessel walls, and it also increases oxygen usage on a cellular level. All that translates to an increase in physical stamina, which is key when it comes to athletic performance. Here, we've also added the superfood chia (whose fiber, good fats, and proteins also result in increased energy), cordyceps, honey, and salt. Think of the honey and salt as your workout bookends; the sugar in the honey provides that initial quick hit of energy while the salt replenishes any electrolytes lost during a vigorous workout. This is a go-go gel like no other.

**MAKES 10 ENERGY SHOTS**

**TOTAL TIME: 30 MINUTES**

**2 red beets, peeled and chopped small**

**2 teaspoons chia seeds**

**2 tablespoons raw honey**

**2 teaspoons cordyceps extract powder**

**2 pinches of salt**

1. Put the beets and 1 cup water in a small saucepan, cover, and bring to a boil. Cook the beets for 20 to 30 minutes, until they're very tender.
2. Discard the water and use an immersion blender to puree the cooked beets, then let cool to room temperature.
3. Once the beet puree has cooled, add the chia seeds, honey, cordyceps, and salt. Use the immersion blender to puree until the mixture reaches a gel-like consistency, adding water as needed. Add the

water little by little to find the right consistency, which can vary a bit with different chia seeds.

4. Store the gel in a sealed jar in the refrigerator for several weeks. Take a teaspoon or so whenever you need extra energy or before a workout.

**Note** • *You can also portion the gel into mini sealable plastic bags to take with you on long runs, bike rides, or hikes. Just squeeze the gel directly into your mouth whenever you need a boost.*



## RECIPES FOR BRAIN HEALTH

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When it comes to your cognitive and neurological well-being, one mushroom rises above all the others. There is no question that lion's mane's powerful effects on brain function are extraordinary. Lion's mane not only offers protection from diseases like Alzheimer's, dementia, and Parkinson's, but it also can be extremely effective when it comes to general loss of brain function associated with aging or brain trauma, and even reverse cognitive deterioration. You probably never thought that eating pancakes and pie would make you smarter, but now with our mushroom-powered versions, they can. So go on . . . feed your head.

## Wild Green Salad with Lion's Mane

Paleo • Vegan • Gluten-free • Low-glycemic • Low-fat

Walnuts, the top nut when it comes to brain health, work with lion's mane to give this salad its brain-boosting power. Walnuts contain plentiful amounts of omega-3 fatty acids, which have been shown to improve cognitive function and protect against cognitive decline (and they have a solid reputation for lowering blood pressure, too). We added sprouts for their brain-healthy vitamins and minerals and tomatoes for a dose of lycopene, an antioxidant that has been heavily studied as an effective combatant to cerebral decline. You'll get smart with this superfood salad, and it happens to taste super good, too.

SERVES 4 AS AN APPETIZER OR SIDE DISH

TOTAL TIME: 30 MINUTES

1 cup dandelion leaves, torn

1 cup chickweed, torn

1 cup lamb's quarter leaves, torn

1 cup purslane, torn

2 heads romaine lettuce, torn

3 tablespoons olive oil

2 tablespoons balsamic vinegar

Salt

1 cup sprouts of your choice (sunflower, alfalfa, broccoli, etc.)

3 tomatoes, sliced

1/2 cup pitted kalamata or botija olives

1/2 cup whole walnuts, toasted

2 tablespoons butter or oil of your choice (we prefer ghee for this recipe)

6 ounces fresh lion's mane mushrooms, diced, or 2 cups dehydrated lion's mane, soaked for 2 hours, drained, and diced

1 medium onion, sliced

Freshly ground white pepper



1. Mix together the wild greens and romaine lettuce in a large bowl.
2. In a small bowl or measuring cup, whisk together the olive oil, vinegar, and salt to taste until emulsified. Add to the greens and massage briefly with your hands.
3. Add the sprouts, tomatoes, olives, and walnuts and toss gently to combine. Refrigerate while you prepare the mushrooms to allow the flavors to meld.
4. In a skillet, melt the butter over medium heat. Add the mushrooms and onion and cook for about 10 minutes, until softened and slightly browned. Season with salt and white pepper.
5. To serve, divide the salad among four plates and top with the warm mushroom mixture.

## What's in a Salad

We actually developed this dish after harvesting a pile of varied leafy greens while we were out foraging for mushrooms. If you have access to wild greens, it's a great idea to learn to identify the plants in your area, preferably with an experienced forager as a guide so you can make safe selections. Wild greens are much more nutritious than the cultivated greens you find in grocery stores. If you don't have the ability or inclination to forage, take a look at what's available at your grocer or farmers' market. While peppery greens like arugula work especially well in this recipe, any greens will do, and you might have fun swapping out more traditional greens in your other leafy meals. It's amazing how different layers of flavors will emerge depending on the bed they lie on.

# Lion's Mane Pancakes

Paleo • Vegetarian • Gluten-free • Low-glycemic

With these healthier pancakes, you won't have to wait for a celebratory brunch or a snowy Sunday at home to dig in to a satisfying stack. Pancakes are first and foremost a comfort food, so we left in a lot of the good stuff like butter, eggs, and syrup. But since we're all about upping the healthy ante where we can, we snuck in some spinach and even give you an option to make these gluten-free. It's a good thing the lion's mane in these pancakes will help you think more clearly because you'll have some important decisions to make upon serving them: Syrup or jam? Juice or mimosa?

**SERVES 5 (20 SMALL OR 5 LARGE PANCAKES)**

**TOTAL TIME: 30 MINUTES**

**3 large eggs**

**2 cups almond milk**

**1 cup packed fresh spinach, finely chopped**

**1 cup spelt flour (substitute cassava flour for gluten-free pancakes)**

**3 tablespoons unsalted butter, melted, plus more for cooking and serving**

**1 teaspoon salt**

**1 teaspoon freshly ground black pepper**

**8 ounces fresh lion's mane mushrooms (or 3 cups dehydrated lion's mane, soaked for 2 hours; see Note)**

**Jam or pure maple syrup, for serving (optional)**

1. In a large bowl, vigorously whisk together the eggs and almond milk.
2. Add the spinach, flour, butter, salt, pepper, and mushrooms and stir until smooth. Let rest at room temperature for 15 minutes.
3. Set a cast-iron pan over high heat. When the pan is hot, add a liberal amount of butter and allow to melt. Add ½ cup of the pancake

batter to the pan. When little bubbles appear on the surface of the batter, use a spatula to check if the underside of the pancake is golden brown. If so, flip and fry on the other side for 1 to 2 minutes more. Repeat until all the batter has been used.

4. Serve hot with butter, jam, or syrup. Pancakes are also delicious eaten cold the next day. Store in a sealed container in the fridge overnight.

**Note** • *You can also try shiitake, oyster, or enoki mushrooms in this recipe.*

## Key Lion's Mane Pie

Paleo • Vegan • Gluten-free

If you're one of the many people out there who are intimidated by the precision that traditional baking requires, you'll be excited to learn that this fun(guy) take on key lime pie requires zero baking skills. It's an icebox pie, so it's nearly impossible to mess up—it just needs to chill. And you can do the same, because this dessert has a two-ingredient crust and a filling that's as easy as . . . Well, you get the idea. The end result is sweet and tangy, a perfect summer dessert. Serve it the night before you have a big meeting; you're going to need that extra brainpower.

**MAKES ONE 9-INCH ROUND PIE, TO SERVE 8 TO 10**

**TOTAL TIME: 30 MINUTES PREP TIME PLUS 2 HOURS FREEZING TIME**

### **FOR THE CRUST**

**1 cup pitted dates, plus more if needed**

**1 cup raw walnuts, plus more if needed**

### **FOR THE FILLING**

**1 cup cashews, soaked for at least 4 hours and drained**

**$\frac{3}{4}$  cup canned coconut milk, well shaken**

**$\frac{1}{4}$  cup coconut oil, melted, plus more for greasing**

**5 grams lion's mane extract powder (about 1 heaping teaspoon)**

**Zest and juice of 8 key limes or use 4 Persian (standard) limes**

**$\frac{1}{2}$  cup raw honey**

**Pinch of salt**

1. Lightly grease a 9-inch round springform pan with coconut oil. Line the bottom with parchment paper cut to fit and lightly grease the parchment.

2. To make the crust, in a food processor, pulse the dates until they are uniformly chopped but still a bit chunky. Transfer the dates to a bowl.
3. In the food processor, pulse the walnuts until they resemble a coarse meal (do not overprocess or they will turn into nut butter!). Return the dates to the food processor with the walnuts and process until a loose dough forms. If the dough does not come together into a loose ball, add a few more dates. If it seems *too* sticky, add a few more nuts. The dough should be tacky to the touch, but not fully stick to your fingers.
4. Press the dough into the bottom of the prepared pan. Place in the freezer to set as you prepare the filling.
5. To make the filling, combine all the filling ingredients in a high-speed blender and blend on high until creamy and smooth. Taste and adjust the flavor as needed, adding more lime juice or honey as desired.
6. Pour the filling over the chilled crust and freeze for 2 hours. Let sit at room temperature for 10 minutes before slicing and serving.

## Reishi-Mucuna Lemonade

Paleo • Vegan • Gluten-free • Low-glycemic • Low-fat

*Mucuna pruriens*, which can be found in powdered form online or at most health stores, is often referred to as the “velvet bean.” It’s known in some circles for its effectiveness as an aphrodisiac, but our primary interest in mucuna is how it can positively affect your mood and cognitive function. Mucuna contains L-Dopa, an amino acid that converts to dopamine in the brain—meaning it can give you a happier outlook and increased brain-power. It has a sweet-smoky flavor, almost like burnt caramel, that contrasts nicely against the bittersweet lemonade and maple syrup. Chia will give you additional energy to keep you on your toes, while reishi will work its magic as the queen of medicinal mushrooms.

**SERVES 4**

**TOTAL TIME: 15 MINUTES**

**2 tablespoons chia seeds**

**1 cup very strong reishi tea (see Notes), cooled to room temperature**

**1 teaspoon mucuna extract**

**Pinch of salt**

**¼ cup pure maple syrup**

**½ cup fresh lemon juice (from about 3 lemons)**

1. In a measuring cup with a spout, stir the chia seeds into the reishi tea. Let them soak for about 10 minutes, stirring occasionally, until the seeds have absorbed the liquid and taken on a gel-like texture.
2. Stir in the mucuna and salt.
3. In a pitcher, mix together the maple syrup and lemon juice, stirring vigorously to dissolve the syrup. Add 2 cups cold water and stir to combine.

4. Pour the lemonade into four glasses and carefully pour the chia gel on top (see Notes). Serve with a straw.

**Notes** • *You can make reishi tea by cooking two or three pieces of reishi in very hot water for at least 30 minutes, or by mixing 1 teaspoon reishi extract/reishi elixir powder with hot water.*

*If you're taking the lemonade to go, you can mix in the chia, but be mindful about how much you use, as it will absorb the liquid as it sits and you'll be left with gooey gel instead of a delicious drink.*



# MUSHROOM COFFEE RECIPES

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Though coffee culture has become ubiquitous, the consumption of coffee can be a remarkably complex, multifaceted experience, ranging from a mindless daily habit to a ritual of an almost spiritual nature. Depending on the day or hour, it can feel like a requirement, a reward, an opportunity to unwind, or a mandate to rev up. Coffee is a big deal, and I should know—we Finns drink on average a record number of 4 to 5 cups per day.

When you tell people you've taken to drinking mushroom coffee, the immediate reaction may be alarm mixed with a little bit of disdain. It's like saying you only drink decaf! But mushroom coffee is legitimately delicious, effective, and healthy stuff. You can still have your coffee—however you like it—but you won't experience the crash or jitters that accompany normal caffeine stimulation. Once you've become a bonafide mushroom coffee crusader (and you will), you'll be ready for the next-level coffee recipes in this section.



## Chaga Un-Coffee

Paleo • Vegan • Gluten-free • Low-glycemic • Low-fat

Unlike the mushroom coffees we sell at Four Sigmatic, which do contain a microdose of coffee, this version is completely caffeine-free. Chaga has a flavor that is quite similar to coffee, making this drink a wonderful alternative for those who are very sensitive to caffeine in general or enjoy drinking coffee late in the afternoon or evening but then find that their sleep quality suffers. We've also added dandelion root here for its natural coffee-like taste and myriad health benefits, which include aiding in the elimination of bodily toxins, providing immune support, stabilizing blood sugar, and acting as a digestive aid. Mix that with chaga's many benefits, and you'll see how *unbelievably* good for you this *un*-coffee is.

**MAKES 4 CUPS**

**TOTAL TIME: 5 MINUTES PLUS 4 HOURS BOILING TIME**

**2 tablespoons ground chaga**

**1 tablespoon roasted dandelion root (see sidebar)**

**Finishing touches (nut milk, sweetener of choice, ground cinnamon, etc.)**

1. In a saucepan, combine the chaga and about 4 cups water and bring to a boil. Boil for about 3 hours, continually adding water as it evaporates to maintain the water level (you want to have about 4 cups the entire time). Don't ever leave the saucepan unattended, as the water can evaporate quickly, and dry chaga can easily catch on fire.
2. After about 3 hours of boiling, add the roasted dandelion root to the saucepan. Boil for 1 hour more. Strain the coffee and divide it among four mugs. Serve hot, with the finishing touches you desire.

## DANDELION ROOT HOW-TO

Roasted dandelion root can be found online at Amazon or at just about any natural health food store, but it's also easy to make your own. Here's how:

1. Dig up several bunches of dandelion roots. Dandelion is a common weed, so they should be fairly easy to find. They are best when harvested in early spring or late fall when the energy of the plant is mainly contained in the root as opposed to the parts aboveground, but dandelion harvested any time of year will work.
2. Wash the dandelion roots as well as you can, then chop them into medium-size pieces. Dry the chopped root in a dehydrator or toast in a 320°F oven for about 1 hour, or until fully dry.
3. Increase the oven temperature to 350°F and chop the root pieces into small dice. Return them to the baking sheet.
4. Toast for 30 to 40 minutes. Remove from the oven and let the root pieces cool slightly. Once they are cool enough to handle, use a spatula to press them against the pan into an even finer powder.
5. Place the powder back in the oven for 5 to 10 minutes. Remove from the oven and allow the powder to cool completely. Once cool, store the roasted dandelion root in an airtight container at room temperature, as you would store regular coffee.

## Mushroom Butter Coffee

Paleo • Vegetarian • Gluten-free • Low-glycemic

If you didn't raise an eyebrow when you read "butter coffee," then you've been paying pretty close attention to recent food trends. Butter coffee has earned considerable media attention simply based on how bizarre it sounds. But when you consider that the good fats in butter, like its omega-3 and omega-6 fatty acids, can deliver sustained energy, and that butter's conjugated linoleic acid (CLA) has been shown to actually *reduce* body fat, butter coffee's trendiness is well deserved. Combining those buttery benefits with the immunomodulating and adaptogenic properties of mushrooms results in a health-boosted beverage like no other.

**SERVES 4**

**TOTAL TIME: 5 MINUTES**

**4 cups prepared hot coffee**

**2 tablespoons unsalted butter or ghee**

**2 tablespoons coconut oil**

**½ teaspoon mushroom extract of your choice (lion's mane for brain power, cordyceps for energy, maitake for weight loss help, etc.)**

**Finishing touches (ground cinnamon, vanilla extract, unsweetened cacao powder, etc.; optional)**

Combine the prepared coffee, butter, coconut oil, and mushroom extract in a high-speed blender and blend for 15 to 30 seconds. Be careful when opening the blender lid, as the steam will be very hot. Divide the coffee among four mugs and serve immediately. If you like, doctor up the coffee with the finishing touches of your choice.

## Healthy Lion's Mane Latte

Paleo • Vegan • Gluten-free • Low-glycemic • Low-fat

We can all use a bit of a brain boost every now and then. The problem is that we normally can't simply order up these moments of brilliance—until now. Thanks to the lion's mane in this latte, you'll feel sharper and on your game. This drink is easier to make if you have an espresso machine, but we've designed it so you can make it without one as well. As far as the milk you choose, soy tends to foam up in the prettiest, silkiest manner, making it a good option for those who want to let their inner latte artist out. Almond is the trickiest for getting good, consistent foam, but mixing in a bit of coconut milk can help (and it's a delicious combo). Experimenting is encouraged . . . and it might be inevitable. After all, your brain will be working in overdrive after you've downed this drink.

**SERVES 1**

**TOTAL TIME: 5 MINUTES**

**½ cup strong hot coffee (espresso is recommended, but use whatever you like)**

**½ teaspoon lion's mane extract**

**½ cup nondairy milk (soy, almond, cashew, coconut, hemp, etc.)**

**Dash of ground cinnamon**

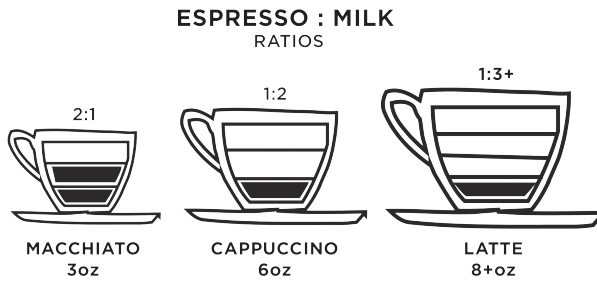
**Dash of grated nutmeg**

**2 tablespoons whipped cream (optional)**

1. In a mug, mix the lion's mane extract into the coffee.
2. Heat the milk using the steam wand on an espresso machine, until you reach your desired level of foam. You can also do this on the stovetop by shaking the milk carton vigorously before heating it in a small saucepan.

3. Pour the steamed milk into the mushroom coffee mix. Add the cinnamon, nutmeg, and whipped cream, if you like.

**Note** • You can easily make this an iced latte by using cold milk and adding a few ice cubes to the finished drink.



## Reishi Cappuccino

Paleo • Vegan • Gluten-free • Low-glycemic

Mushroom coffees are so fantastic because they don't require you to give up your beloved cup of joe, yet they eliminate some of the less-appealing effects caffeine can have on the body. In this cappuccino, reishi's adaptogenic properties support your hormonal system to prevent overstimulation, mitigating the jitters that straight-up coffee can create, and balance the coffee's acidity, making it easier on your digestive system. We've also added coconut butter and plant-based milk for some good fats and sustainable energy. The result is a calm, sustained focus, rather than a quick-hit, crazed rush. And it's smooth as silk to boot.

**SERVES 1**

**TOTAL TIME: 10 MINUTES**

**1/2 cup prepared hot coffee (as strong as you like it)**

**1 teaspoon coconut butter**

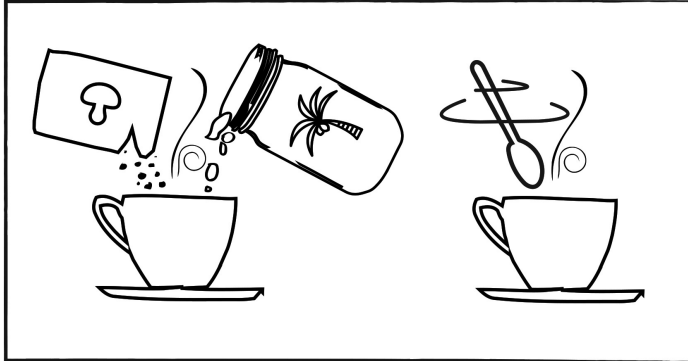
**1/2 teaspoon reishi extract**

**1/2 cup rice or nut milk**

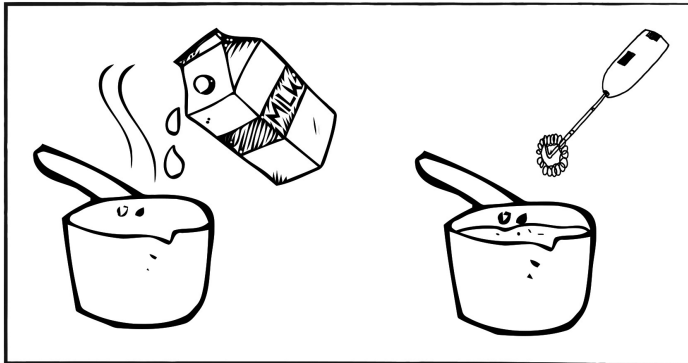
**Unsweetened cacao powder (optional)**

**Coconut palm sugar (optional)**

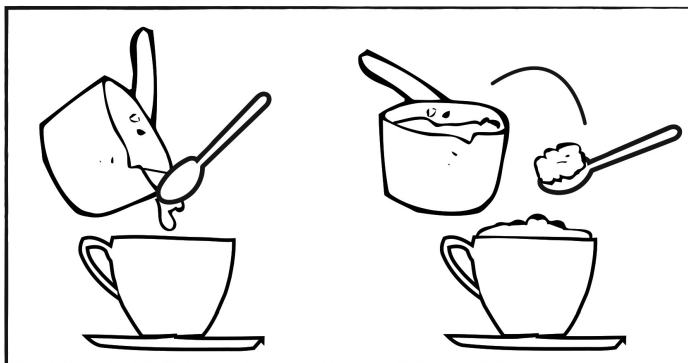
1. While the coffee is still very hot, add the coconut butter and reishi extract and stir well to combine. Pour into a mug.
2. In a saucepan, heat the milk over medium heat. When it's fairly hot, whisk it vigorously (or use a milk frother) to create a silky foam.
3. Pour the foamy milk into the coffee, using a spoon to strain the solid milk in first and then top it off with a thick layer of foam. Top with a sprinkle of cacao powder and coconut sugar, if you like.



BREW THE COFFEE THE WAY YOU LIKE IT (ESPRESSO MACHINE, FRENCH PRESS, AEROPRESS, ETC.). WHILE COFFEE IS STILL VERY HOT, ADD COCONUT BUTTER AND REISHI EXTRACT AND STIR WELL TO COMPLETELY COMBINE. POUR INTO A MUG.



HEAT THE MILK IN A SAUCEPAN OVER MEDIUM HEAT (NO, USING A MICROWAVE IS NOT COOL). WHEN MILK IS FAIRLY HOT, WHISK IT BRISKLY (OR USE A MILK FROTHER) TO CREATE A NICE QUANTITY OF SILKY FOAM.



POUR HEATED MILK INTO THE COFFEE, USING A SPOON TO STRAIN THE SOLID MILK IN FIRST AND THEN TOPPING IT OFF WITH A THICK LAYER OF FOAM (SEE PICTURE). TOP WITH A SPRINKLE OF CACAO POWDER AND COCONUT SUGAR IF YOU LIKE.



#### ADVANCED MOVE

If you want to boost your drink, consider adding  $\frac{1}{2}$  teaspoon ashwagandha, he shou wu, cistance, mucuna, or maca. Any of these powerful superfoods will give your reishi cappuccino additional hormonal support.



A decorative border on the left side of the page featuring various types of mushrooms, including button mushrooms, cremini mushrooms, and a large portobello mushroom, all rendered in a detailed, hand-drawn style.

## NEXT-LEVEL DESSERTS

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When developing these dessert recipes, we wanted to strike a balance between “hiding” the mushrooms within these sweet treats and allowing them to shine as a featured component of the dish (just see page 100 for our recipe for ice cream with ‘shroomy bits!). You don’t *have* to tell your dinner guests that the super- dense chocolate cake they just enjoyed was packed with chaga, but why wouldn’t you? People want to feel good about eating dessert, and now they can. You may want to wait until after they’ve scraped the last bit from their plate, just to enjoy the expressions on their faces when they learn they’ve been gobbling up mushrooms. Now *that’s* dessert with double the satisfaction—we told you we’d deliver!

# Cordyceps Raw Vegan Cheesecake

Paleo • Vegan • Gluten-free

When you hear the word *mushrooms*, the next word you think of probably isn't *romance*. But after you taste this dessert, it just might be. The delicate and creamy texture of this raw vegan cheesecake is utterly decadent. And since it's made with libido-enhancing cordyceps, this dessert is the perfect finish to any dinner *à deux*.

SERVES 10

TOTAL TIME: 30 MINUTES PLUS 4 HOURS CHILLING TIME

2 cups raw cashews

1 teaspoon sea salt

## FOR THE BASE

½ cup raw almonds

½ cup pitted dates

2 teaspoons fresh lemon juice

1 tablespoon coconut oil, melted

Pinch of salt

## FOR THE FILLING

½ cup pure maple syrup

½ cup coconut oil, melted

2 tablespoons fresh lemon juice

5 grams cordyceps extract powder (about 1 heaping teaspoon)

¼ cup coconut milk

¼ teaspoon pure vanilla extract

¼ teaspoon sea salt

1. Put the cashews in a medium bowl with 4 cups water and 1 teaspoon of the sea salt. Stir gently to combine and cover bowl with a thin tea towel. Set aside at room temperature for at least 2 hours.
2. To make the base, put the almonds and dates in the bowl of a food processor. Process until they form a uniform paste. Add the lemon juice, coconut oil, and salt and process until a loose dough forms.
3. Press the dough evenly into a 6- or 7-inch springform pan. Place in the freezer to set, about 2 hours.
4. Drain the cashews carefully and pat dry with paper towels.
5. To make the filling, in a blender, combine the cashews, maple syrup, coconut oil, lemon juice, cordyceps extract powder, coconut milk, vanilla, and salt. Blend on high for several minutes, until you obtain a completely smooth and creamy texture.
6. Pour the filling on top of the chilled base and refrigerate for about 2 hours to set. Let the cheesecake sit at room temperature for 10 minutes before slicing and serving.

# Superfood Mudcake

## Gluten-free

Rich chocolate desserts are always a crowd-pleaser, and this dense cake is no exception. It's super simple to make, and we guarantee that everyone will be asking for the recipe as they hold out their plate for a second serving. What really makes this dessert is the quality of the ingredients, so splurge on European-style butter and the best quality chocolate you can afford—you'll be glad you did. This recipe features chaga and superberries, which, when used together, can support eye and skin health. With generous quantities of butter, eggs, and cream, this cake isn't exactly light, but it's the perfect dessert for a day of celebration or a day of indulgence. It may not be low in calories, but its high amounts of nutrients more than make up for it.

**SERVES 8**

**TOTAL TIME: 1 HOUR**

**Coconut oil for greasing**

**1 cup (2 sticks) unsalted butter**

**8 ounces dark chocolate (70 to 80% cacao), chopped**

**4 large eggs, lightly whisked**

**1 cup coconut palm sugar**

**½ cup maca powder**

**¼ cup berry powder of choice (goji, bilberry, açai, etc.)**

**1 teaspoon chaga extract powder**

**1 teaspoon baking soda**

**Pinch of salt**

**¼ cup heavy cream**

1. Preheat the oven to 400°F. Lightly grease an 8-inch round spring-form pan with coconut oil, line the bottom with parchment paper cut to fit, and lightly grease the parchment.

2. In a double boiler, melt the butter and chocolate over low heat. Once completely melted and smooth, vigorously whisk in the eggs and coconut palm sugar until completely combined.
3. Add the maca, berry powder, chaga extract powder, baking soda, salt, and cream and whisk to combine.
4. Pour the batter into the prepared pan and bake for 40 minutes. Let cool slightly before slicing and serving.

## Reishi Chocolate Drops

Paleo • Vegan • Gluten-free • Low-glycemic

These chocolate treats are raw, vegan, and good for you, too. Here we use reishi spores instead of an extract—reishi spores are one of the most potent superfoods in the world due to the high quantity of triterpenes they contain. The triterpenes give the spores their characteristic bitter flavor, but here, they blend perfectly with the sweetness of the chocolate so that only a delicious smoky, nutty flavor remains. Using coconut palm sugar and stevia lowers the glycemic load, but if you don't like the flavor of stevia, feel free to substitute honey or agave nectar. You can easily purchase reishi spores online (see our shopping guide on Chapter 5).

**MAKES ABOUT 24 PIECES**

**TOTAL TIME: 25 MINUTES PLUS 2 HOURS FREEZING TIME**

**1 cup chopped cocoa butter or white chocolate chunks**

**1 cup coconut oil**

**1 tablespoon reishi spores**

**1 tablespoon coconut palm sugar**

**½ teaspoon pure vanilla extract**

**Pinch of sea salt**

**1 cup unsweetened cacao powder**

**Liquid stevia**

**Dried berries, nuts, or seeds (optional)**

1. Put the cocoa butter in a double boiler set over low heat (the low heat is important for preserving the enzymes in the cocoa butter). When completely melted, add the coconut oil. Use a whisk or milk frother to combine vigorously until the fats are emulsified.

2. Add the reishi spores, sugar, vanilla, and salt. Whisk again to combine.
3. Using a sifter or strainer, slowly add the cacao powder until the mixture reaches the consistency of a thick cream. You may need a bit more or less cocoa powder, as you want a liquid chocolate mixture that is neither too thick nor too runny. Taste and add a few drops of liquid stevia as desired.
4. Pour the mixture into two ice cube trays or the wells of two mini muffin tins. Garnish with dried berries, nuts, or seeds, if desired. Freeze for 2 hours to harden. Enjoy them cold but not frozen—let them sit on the counter for 5 to 10 minutes before serving.



#### ADVANCED MOVE

Try adding tocotrienols (see page 59) to make your raw chocolate creamier.

# Paleo Ice Cream with Honeyed 'Shroomy Bits

Paleo • Gluten-free • Low-glycemic

Who doesn't love ice cream? We knew this recipe had to deliver the same rich, creamy decadence that you get when you dip your spoon into the real stuff. We went through a lot of trial and error before coming up with this foolproof version. Two hours is the optimal freezing time, but unlike with traditional ice cream, you don't want this version to sit in the freezer for longer than that, as ice crystals will form and the texture won't be nearly as dreamy. Though you won't taste the mushrooms or the raw egg yolks (yes, raw egg yolks are a must for this recipe) in the ice cream, you will be surprised to find out that the sweet buttery topping contains some serious mushroom goodness. We've never been in line at an ice cream shop and heard "shroomy bits, please!" in between requests for sprinkles and nuts, but we're guessing that it's only a matter of time before we do.

**SERVES 4**

**TOTAL TIME: 10 MINUTES PLUS 2 HOURS FREEZING TIME**

**5 tablespoons unsalted butter, at room temperature**

**1/4 cup coconut oil, melted**

**2 large organic whole eggs**

**2 large organic egg yolks**

**2 tablespoons coconut palm sugar**

**3/4 cup ice**

**1/2 teaspoon apple cider vinegar**

**20 drops liquid stevia**

**2 to 4 grams cordyceps, lion's mane, or other mild mushroom extract powder (about 1 teaspoon; see Note)**



#### **OPTIONAL ADDITIONS**

**1 teaspoon matcha tea powder plus ½ teaspoon spirulina  
(this creates a beautiful green color)**

**Seeds from 1 vanilla bean**

**½ teaspoon ground cardamom**

**½ teaspoon ground cinnamon**

**1 tablespoon unsweetened cacao powder**

**Fresh berries**

**Honeyed 'Shroomy Bits (recipe below)**

1. Combine all the ingredients, including any additional flavors you want, in a high-speed blender. Blend on high for 30 seconds, or until the mixture is creamy and uniform in texture.
2. Pour the mixture into a mold or freezer-safe container and freeze for 2 hours. You can also make this in an ice cream machine if you have one (follow the manufacturer's instructions). The ice cream will keep for 2 to 3 months. Let it sit at room temperature for 10 minutes before serving, and then top with Honeyed 'Shroomy Bits.

**Note** • *You can substitute other mushroom powders, but be sure to select a mushroom with a mild flavor. Reishi and chaga are not recommended, as both are too bitter.*

### **Honeyed 'Shroomy Bits**

**1 teaspoon unsalted butter**

**1 teaspoon honey**

**4 shiitake mushrooms, stemmed and finely chopped (lion's mane also works well)**

In a small saucepan, melt the butter and honey together over medium-high heat. Add the chopped mushrooms and cook, stirring, for about 5 minutes. Set aside to cool completely.

A decorative border on the left side of the page featuring various types of mushrooms, including button mushrooms, portobello mushrooms, and smaller varieties, rendered in a detailed, sketch-like style.

# MIXIN' UP THE MUSHROOMS

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Every bartender likes to have a few tricks up his or her sleeve, and with these 'shroomy drinks, there are plenty of liquid punches to pull. Cocktails are made for experimentation, so think of these recipes as foundational guidelines and build from there. Just have fun and have at it. We could add a lot more information here, but we've just served up more than forty recipes and are in need of a cocktail. Cheers all around!

## Cordysex on the Beach

Paleo • Vegan • Gluten-free • Low-fat

Somewhere along the way, this drink became something of a legend. Maybe because the play on words in the name is incredibly apt—you know by now that cordyceps can make people frisky. That said, proceed with caution.

MAKES 2 DRINKS

TOTAL TIME: 5 MINUTES

1 cup 100% cranberry juice

1 peach, pitted

1 orange or grapefruit, suprêmed (see Note)

2 grams cordyceps extract

1 to 3 ounces vodka (optional)

3 big ice cubes

Orange slices, for garnish

Combine the cranberry juice, peach, orange, cordyceps, vodka (if using), and  $\frac{1}{4}$  cup cold water in a blender and blend until smooth.

Serve over ice in a highball glass and garnish with an orange slice.

**Note** • To suprême a citrus fruit, trim off the top and bottom of the fruit with a sharp knife. Set the fruit on its end and slice away all the peel and white pith, following the curves of the fruit. Slice to the left and right of each membrane. The citrus wedges should come out easily.

## Kahlúa Mushroom Coffee

**Vegan • Gluten-free • Low-glycemic • Low-fat**

Were you thinking about a mushroom Mudslide? Well, consider this your hot answer to that crazy frosty cocktail phenomenon of the nineties. Add a splash of nut milk if you really want to get wild.

**MAKES 1 DRINK**

**TOTAL TIME: 5 MINUTES**

**1 teaspoon chaga, reishi, or cordyceps extract powder**

**1 cup prepared black coffee, hot**

**1 ounce Kahlúa liqueur**

In a large mug, dissolve the mushroom powder into the hot coffee. Stir in the Kahlúa and serve.

## Mulled Mushroom Wine

Paleo • Vegan\* • Gluten-free • Low-fat

Mulled wine is an aromatic and comforting European winter tradition. We've added some 'shroomy goodness to further alleviate any wintertime blues.

**SERVES 4**

**TOTAL TIME: 15 MINUTES**

**2 cups 100% apple juice**

**2 cups rich, full-bodied red wine (about 1/2 bottle)**

**1 teaspoon chaga extract**

**Zest and juice of 1 orange**

**3 whole cloves**

**1 cinnamon stick**

**4 allspice berries**

**Honey (optional)**

In a medium saucepan, combine all the ingredients except the honey; heat over medium heat until just beginning to simmer (do not bring to a full boil or the alcohol will quickly burn off). Reduce the heat to low and simmer for 10 minutes. Strain the wine into cups and sweeten with a bit of honey, if desired. (If you do decide to use honey, then the recipe will no longer be vegan.)

## Mushroom Chocolate Eggnog

Paleo • Vegetarian • Gluten-free • Low-fat

We've taken traditional 'nog and upped the ante with chocolate, brandy, and cordyceps. Grab a mug and hang out under the mistletoe.

**MAKES 1 DRINK**

**TOTAL TIME: 10 MINUTES**

**½ cup prepared eggnog made with almond milk or coconut milk**

**1 teaspoon unsweetened cacao powder**

**1 teaspoon coconut palm sugar**

**1 teaspoon cordyceps extract powder**

**½ ounce brandy (optional)**

Heat the eggnog in a small saucepan. Pour into a small mug and stir in the cacao powder, coconut palm sugar, and cordyceps mushroom extract. Add a dash of brandy, if desired.

## Lion's Mane Whiskey

Paleo • Vegan • Gluten-free • Low-glycemic • Low-fat

It's said that a stiff drink can be a medicinal miracle, but we've never been sure if that was actually true or just wishful thinking. This drink, on the other hand, is guaranteed to make you feel better and think smarter.

**MAKES 2 DRINKS**

**TOTAL TIME: 50 MINUTES**

**1 cup coarsely chopped dried lion's mane mushrooms**

**2 star anise pods**

**10 fresh mint leaves**

**5 to 10 drops liquid stevia**

**10 ice cubes**

**1 ounce high-quality grain-free whiskey**

1. Bring 2 cups water to a boil in a medium saucepan. Add the mushrooms, star anise, and mint. Cover and boil for 10 minutes.
2. Remove the saucepan from the heat and let the "mushroom tea" steep for 20 minutes.
3. Strain the tea into two serving glasses and refrigerate for 20 minutes to cool.
4. When ready to serve, divide the stevia, ice cubes, and whiskey between the glasses.

A decorative border on the left side of the page features several detailed line drawings of mushrooms. At the top, there's a small mushroom cap and a stem. Below that is a large, detailed mushroom with gills. Further down is another large mushroom, and then a smaller one. At the bottom, there's a mushroom stem and a small cap. On the right side, the border continues with a mushroom stem at the top, followed by a large mushroom cap, a smaller one, a mushroom stem, a small cap, a mushroom stem, and a small cap at the bottom.

# MUSHROOM COMFORT FOOD

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The dishes we include here are good gateway recipes to the mushroom world if you are feeling a bit hesitant about jumping into your funguy shoes and taking off at full speed. They're also great for kids—to help you both make and eat! Pizza, fries, dip, and cheesy, melty goodness are foods most of us can get on board with, so we've taken these comfort favorites and given them a 'shroomy twist. They're not meant to taste the same as their traditional versions, but we'd argue that they taste a lot better. Either way, the result will be the same: complete satisfaction.



## Enoki Mushroom Fries

Paleo • Vegetarian • Gluten-free • Low-glycemic

We can't think of a better way to get the kids interested in mushrooms than by tempting them with a plate of fungi fries. However, we don't recommend that children participate in the actual cooking process here. Hot oil has a tendency to splatter, so this recipe needs to be closely monitored. If you want to cook with the kids, have them prepare the Mushroom Garlic Dip as an alternative to ketchup; it's delicious with the enoki fries. Though we call for beer in the batter, it's a minimal amount, and the alcohol will burn off as the fries cook—but if you want to keep this recipe 100 percent child-friendly, you're welcome to substitute another carbonated beverage. These mushroom fries aren't going to fool anyone as a French fry substitute, but their earthy, nutty taste—combined with their crisp-on-the-outside-and-soft-on-the-inside texture—make them just as craveable.

**SERVES 4**

**TOTAL TIME: 30 MINUTES**

**1/4 cup cornstarch**

**1/4 cup coconut flour (or flour of your choice)**

**1/2 teaspoon baking powder**

**1 teaspoon ground turmeric**

**1/2 teaspoon ground cumin**

**1 large egg**

**1/4 cup beer, kombucha, or other carbonated beverage**

**1 cup frying oil (we like to use a combination of equal parts  
grapeseed oil and ghee)**

**2 cups enoki mushrooms**

**Salt**

**Handful of fresh herbs, chopped (oregano, thyme, dill, etc.—use what  
you like!)**

1. In a large bowl, whisk together the cornstarch, flour, baking powder, turmeric, and cumin. Beat in the egg and beer. You want the batter to be thick, but still “dippable,” so add more liquid if needed.
2. In a large wok, stockpot, Dutch oven, or deep fryer, heat the oil to 325°F. Adjust the heat to maintain the temperature.
3. Coat the mushrooms in the batter, dipping and turning them in the bowl. Gently and carefully drop a handful at a time into the hot oil. Fry, flipping occasionally, until the mushroom fries are a deep golden-brown color and crisp all over, 4 to 6 minutes total. Transfer to a paper towel-lined plate to drain and sprinkle with salt. Repeat with the remaining mushrooms.
4. Transfer to a large serving plate. Sprinkle with fresh herbs and serve with Mushroom Garlic Dip (page 111) or ketchup.

## Mushroom Garlic Dip

**Vegetarian • Gluten-free • Low-glycemic**

This simple dip is so versatile that you'll find yourself making it all the time. You can throw it together in minutes and serve with crudités as an after-school snack or last-minute dinner party appetizer. Leftovers make a great sandwich spread or toast topper. Feel free to play with the recipe and add spices and herbs as you like.

**SERVES 4**

**TOTAL TIME: 5 MINUTES**

**2 garlic cloves, finely chopped**

**1 cup Greek yogurt**

**2 teaspoons fresh lemon juice**

**1 teaspoon turkey tail extract powder**

**Salt and freshly ground black pepper**

In a small bowl, thoroughly mix together the garlic, yogurt, lemon juice, and mushroom extract powder. Season with salt and pepper. Serve with Enoki Mushroom Fries (page 109) or sliced veggies.

## Raw Pizza

Paleo • Vegan • Gluten-free • Low-glycemic • Low-fat

Who doesn't love pizza? While we're never going to give up the real deal, we tend to crave it more often than we should be eating it (let's face it: pizza is a pretty hard sell on the health food front). We came up with this raw version as a worthy alternative so you can feel good about feeding your kids—and yourself!—this 'za as often as you like. With a slightly sweet, veggie-loaded crust, a twist on traditional tomato sauce, mock cheese, and marinated vegetable toppings, this rendition has earned a reputation as an unexpected crowd-pleaser.

The pizzas take a bit of preplanning, as the crust requires about 12 hours of dehydrating time. Preparing it with kids makes for a fun family activity—after all that waiting time, everyone will be eager to dig into the final dish.

**MAKES 10 PIZZA ROUNDS**

**TOTAL TIME: 45 MINUTES ACTIVE PLUS DEHYDRATING TIME (10 TO 12 HOURS)**

### **FOR THE CRUST**

**1 medium head cauliflower, chopped into florets**

**2 garlic cloves, coarsely chopped**

**¼ cup walnuts, coarsely chopped**

**2 tomatoes, coarsely chopped**

**1 small onion, coarsely chopped**

**2 tablespoons fresh lemon juice**

**3 fresh dates, pitted and coarsely chopped**

**1 teaspoon dried oregano**

**1 teaspoon salt**

**½ teaspoon freshly ground black pepper**

#### **FOR THE SAUCE**

1/2 cup sun-dried tomatoes, soaked in water for 1 hour and drained

1/2 cup walnuts

1/2 bell pepper, coarsely chopped

3 fresh dates, pitted

2 small onions, coarsely chopped

1 tablespoon fresh lemon juice

1 tablespoon olive oil

1 tablespoon soy sauce

1 cup chopped shiitake, oyster, or enoki mushrooms (optional)

#### **FOR THE MOCK CHEESE**

1/2 cup tahini

3 tablespoons miso paste

2 tablespoons lecithin powder (see Note)

#### **FOR THE PIZZA TOPPINGS**

2 tablespoons apple cider vinegar

1 tablespoon soy sauce

1 tablespoon raw honey

3 ounces fresh shiitake mushrooms,  
stemmed and thinly sliced

2 onions, thinly sliced

1/2 bell pepper, thinly sliced

Fresh basil leaves, for garnish

1. Preheat the oven to 150°F (or the lowest temperature possible—we are shooting for around 115°F; alternatively, use a dehydrator). Position the racks in the upper and lower thirds of the oven and keep the door open slightly by wedging in a wooden spoon. This will lower the temperature slightly. Line two baking sheets with parchment paper.

2. In a food processor, pulse the cauliflower florets until evenly broken down into fine crumbs, then transfer to a large bowl.
3. In a high-speed blender, combine the garlic, walnuts, tomatoes, onion, lemon juice, dates, oregano, salt, and pepper and puree on high speed until smooth, 30 to 40 seconds. Add the puree to the bowl with the cauliflower and mix to combine.
4. Use your hands to shape the cauliflower mixture into ½-inch-thick, 5-inch diameter circles and place them on the prepared baking sheets.
5. Dehydrate in the oven for 5 to 6 hours, until the dough is solidified but not dry. Flip the circles and dehydrate for 5 to 6 hours more. The crusts are best consumed immediately, but they will keep, tightly wrapped and refrigerated, for up to 5 days or in the freezer for several months.
6. To make the sauce, combine all the sauce ingredients in the blender and blend on high until smooth, about 45 seconds. If the sauce looks too thick, add a bit of water to achieve the desired consistency. Store in an airtight container in the refrigerator until ready to use. The sauce can be made up to 1 week in advance.
7. To make the mock cheese, combine all the mock cheese ingredients and a dash of water in the blender and blend on medium speed until smooth, about 30 seconds. Store in an airtight container in the refrigerator until ready to use. The cheese can be made up to 1 week in advance.
8. For the pizza toppings, in a medium bowl, whisk together the vinegar, soy sauce, and honey. Add the mushrooms, onions, and bell pepper to the bowl and massage gently with your hands until evenly mixed. Let the veggies marinate in the refrigerator for 2 to 3 hours to soften.
9. To assemble the pizzas, place the crusts on a serving platter or plate

and spread the tomato sauce on top. Grate the cheese and sprinkle it evenly over each crust. Top with the marinated veggies and garnish with fresh basil leaves.

**Note** • *Lecithin powder is a soy- or sunflower-based emulsifier that will give the mock cheese a cheesy texture and nice flavor. You can find it online and at some natural foods stores and gourmet grocers.*

# Stuffed Bell Peppers with Maitake

Vegetarian • Gluten-free • Low-glycemic

These stuffed peppers are such great comfort food. Warm, with melted cheese and a dollop of sour cream, they're the funguy alternative to a loaded baked potato—only a lot healthier and with much more flavor. Using a bit of butter gives the dish richness and the meaty maitake makes it satisfying and filling. Kids love anything with melted cheese (ahem, we *all* love anything with melted cheese), so here's another good way to get the younger ones excited about eating their vegetables.

**SERVES 2**

**TOTAL TIME: 45 MINUTES**

**1 tablespoon unsalted butter or coconut oil**

**½ medium white onion, diced**

**½ cup brown rice**

**2 cups sliced maitake mushrooms**

**Juice of ½ lemon**

**1 small bunch flat-leaf parsley, chopped**

**1 teaspoon salt**

**2 large red bell peppers, halved crosswise, seeded, and rinsed**

**¼ cup shredded cheddar cheese**

**Sour cream, for serving (optional)**

1. Preheat the oven to 400°F.
2. In a medium skillet, melt the butter over medium heat. Add the onion and cook, stirring, until tender and translucent, 3 to 5 minutes.
3. Add the rice and ¾ cup water to the skillet. Bring to a simmer and cook for about 10 minutes, or until most of the water has been absorbed by the rice.



4. Add the maitake, lemon juice, parsley, and salt and stir to combine. Cook for 5 minutes more.
5. Remove the mushroom-rice mixture from the heat and divide it evenly among the bell pepper halves. Sprinkle the tops with the cheese.
6. Stand the stuffed peppers upright on a baking sheet or in a baking dish and bake for 20 minutes, until the cheese has melted and the peppers have softened. Top each with a dollop of sour cream, if desired, and serve immediately.