



# LIFE ITSELF

You just bought ground Chaga Mushroom from Life Itself. We are really excited to share this miraculous natural gift with you! With this purchase, you made the choice to create health in your Body, your Mind, and your Spirit. Not every purchase creates those kinds of results so why don't you take a moment and give yourself a pat on the back. "This was a good buy, me". So now you have ground up, medicinal fungus. Let's learn how to use it!

## CHAGA TEA BREWING INSTRUCTIONS

Place 1 cup of Chaga Grounds in a fine cloth bag, like a nutbag or cheesecloth.

Add the bag of grounds to a crockpot with 1 Gallon of water.

Put the crockpot on low (liquid should never come to a boil).

Let sit for 16+ hours.

Voila! Chaga Tea!

Either keep the crockpot on and ladle into your cup until finished, or, bottle and place in the fridge. The tea keeps for 2 years when refrigerated. BONUS: Chaga grounds can be rebrewed multiple times.

Repeat the same brewing process as many times until the tea starts to lose it's color.

Grounds may be stored in the freezer between brews.

## *Recipes*

### CHAGA CACAO ELIXIR

8 oz Chaga Tea  
1T cacao powder  
1T coconut oil  
sea salt  
sweetener to taste

Prepare hot or cold Chaga tea.  
Combine all ingredients into a blender  
and blend for 5-10 seconds until frothy!

### CHAGA ENERGY BITES

1 cup organic cashews  
1 cup organic dates  
1/3 cup activated chaga grounds (brewed grounds)  
1/2 T organic vanilla extract  
pinch of sea salt

Combine all ingredients into a blender  
or food processor and process until pasty.  
Form into balls, then roll the balls  
in organic coconut shreds.

Tag us in your creations! @thisislifeitself

May the introduction of Chaga into your life be remembered as a time you took a notable upswing in well-being. May you enjoy the simplest fruit life has to offer; health. May you continue down this path of transformation with happiness. And most of all! MAY YOU BE OPEN TO THE GOOD LIFE!

-The Whole Life Itself Tribe