



Soaring Free

POTENT PLANTS

# Potent Plants™ Recipes



Potent Plants are treasure chests of botanical wisdom. When they are included into your daily routine, the benefits shine through in your health. There is no question about it as we can see from decades of use in natural medicine systems. So, how do we use the ones we want every day? Here we show you simple ways to add them to your daily routine with easy-to-make recipes.



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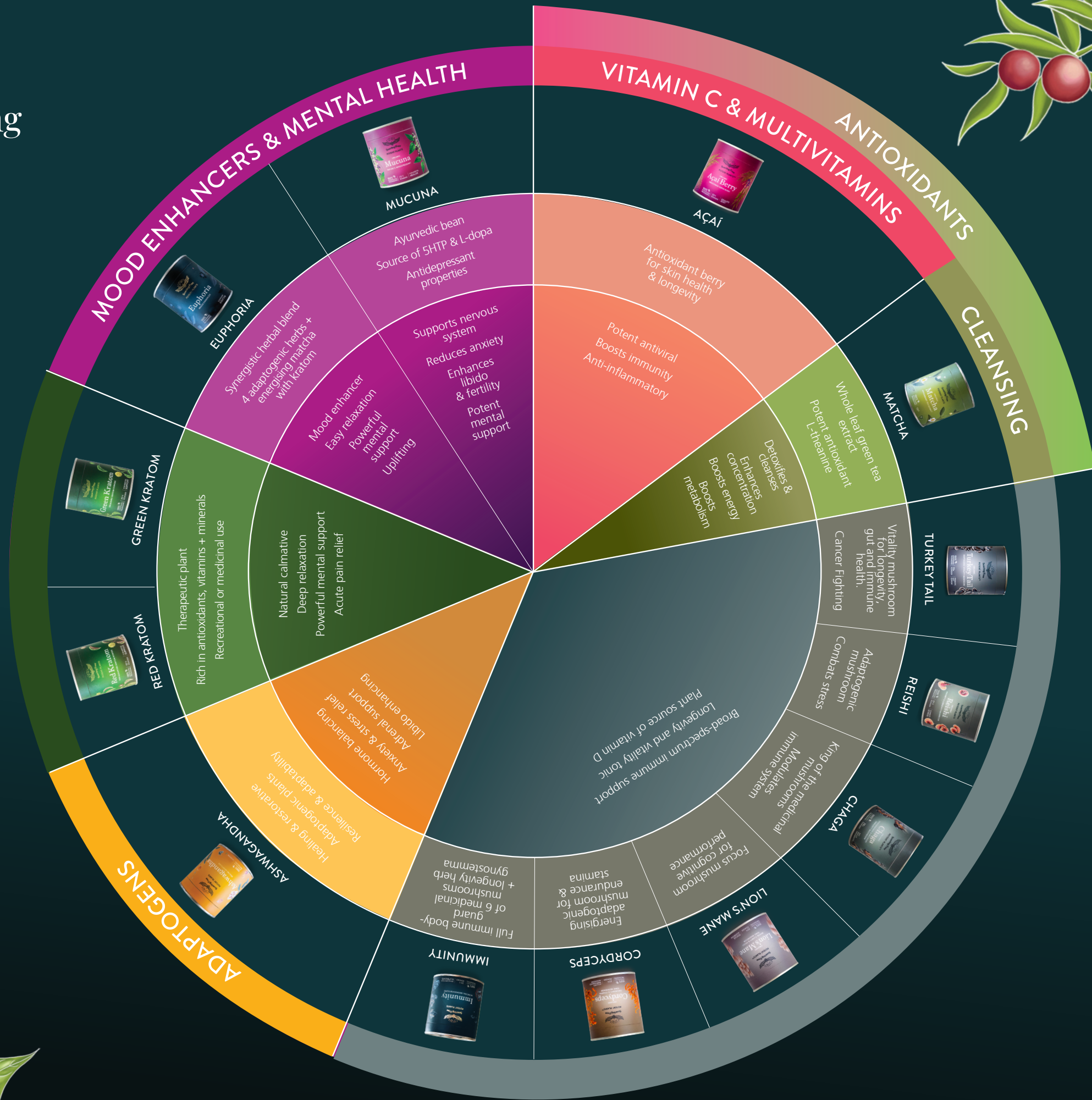
# Your guide to using functional & healing foods



## HOW TO USE

Use this as a practical guide to learn how to use potent plants.

- Simply find the category on the outer perimeter of the wheel to see which potent plants could support your needs
- Find the potent plant you're interested in and discover all the healing benefits it can offer





## Açaí Berry

*A powerful antioxidant and skin nourishing super berry*

- \* FREEZE-DRIED
- \* AMAZONIAN SUPERBERRY
- \* HIGH IN ANTIOXIDANT VITAMIN E

**TASTE** Earthy, zesty & slightly tart

**HOW TO USE** blend into smoothies or fresh juices  
sprinkle over breakfast bowls, fresh fruit & desserts  
mix into yoghurt, moroccan spice rubs or dukkha  
add to snacks such as raw bars and truffle balls

### BENEFITS

- Açai berry has a **high antioxidant** level (ORAC value of +5000 per 1 tsp), 5x more than raw cacao & 30x more than goji berries
- Excellent source of **vitamin E** for skin and scar tissue repair, as well as hormonal support
- Supplies **electrolytes, trace minerals, amino acids, and small amounts of essential fatty acids**
- Contains **valuable phytonutrients**, especially anthocyanins, in addition to vitamin C, vitamin A and dietary fibre
- Is **anticarcinogenic, anti-inflammatory and antimicrobial**
- Increases **blood circulation and lowers risk of blood clots**
- Good for **cardiovascular health**
- **Low in natural sugars**

## Açaí Beauty Milk

SILKY SMOOTH SKIN NOURISHING BLEND

**MAKES** 2 servings

### HOW TO USE

Although a berry, its taste is more savoury, similar to that of sumac. We'd say it has a more tangy flavour reminiscent of lemon rind. This potent berry can be used medicinally, and may have culinary uses to brighten up the usual or even dry rubs, spice blends like za'atar, and dressings.

### DOSAGE

Maintenance: 1 teaspoon (5g) daily

Therapeutic: 1 teaspoon (5g) 4 times daily

### INGREDIENTS

- ¼ C blueberries
- 1 C frozen coconut milk or frozen yoghurt
- 1 C plant-based milk of choice (coconut and almond work well)
- 2-4 tsp Açai Powder (to choice)
- 1 tsp vanilla extract
- 1 Tbsp collagen powder (optional)
- ½ tsp crushed cardamom seeds (optional)
- 2 tsp agave syrup / maple
- Pinch salt

**METHOD** Blend together all the ingredients quickly to make a smooth velvet mylkshake.



Açaí berries go rancid within 24 hours of being harvested, making it impossible for the nutritionally potent fresh fruit to be successfully exported to consumers around the world. Freeze-drying the berries within 24 hours retains their full nutritional value and integrity ensuring that you get purest, concentrated açai powder.

Antioxidants in açai are heat sensitive so to keep their nutritional potency we have sourced freeze-dried açai. Add them to cold meals and foods or, for cooked foods, add it in after the cooking process is complete.



## Ashwagandha

*A regenerative adaptogen for relief from anxiety, stress and burnout*

**TASTE** Unique herb flavour

### HOW TO USE

**Powder:** Mix the powder into hot drinks, smoothies and homemade chocolates. Take 1 - 3g daily for at least one month.

**Capsules:** Take 2 - 6 capsules daily for at least one month.

With its mild, earthy flavour, ashwagandha is easy to use in a hot drink or treat, such as homemade chocolates or these crunchy bliss bites. You can also easily add it to smoothies - try blending your dose of ashwagandha with 500ml water & ice cubes, 1 frozen banana, 2 Tbsp Maca Powder, 3/4 C cashews, 6 dates, pinch of salt, 1/2 tsp vanilla extract, powder or pod (optional).

### BENEFITS

- Powerful adaptogen
- Reduces stress and anxiety
- Regenerates nerve damage
- Encourages the formation of neural pathways in the brain
- Improves brain function in memory, learning and reaction time
- Effective nervine tonic
- Immune system modulation
- Powerful antioxidant
- Anti-inflammatory, anti-arthritis

## Crunchy Ashwagandha Bliss Bites

A TASTY, HEALING, ADAPTOGENIC TREAT

MAKES 9 - 10 bliss bites

### HOW TO USE

Bliss in a bite! These easy snacks harness the power of ashwagandha to support your body when it needs a little lift. They are endlessly customisable and super nutritious. Adaptogens like ashwagandha work best when they are consumed regularly, which is why bite-sized snacks like this are the perfect way to incorporate them into your life at any time during the day. The optional addition of protein powder makes them a great pre- or post-workout snack too.

### INGREDIENTS

- ½ C walnuts
- ½ C dates
- ¼ C almond flour
- 1 Tbsp Plant-Based Protein Superfood Mix (optional)
- 1½ Tbsp Cacao Powder
- 1 Tbsp honey or agave
- 3g Ashwagandha powder or 6 capsules
- 1 Tbsp nut butter
- 1 tsp vanilla extract
- pinch of sea salt
- granola, or toasted sunflower seeds.

### METHOD

**STEP 1:** Add ashwagandha powder with the rest of ingredients to a food processor. If you are using the capsules, open the capsules and empty the powder into the food processor. Blitz until fully combined, the nuts are broken down and the mixture can be pressed together easily. Taste and adjust by adding more honey for sweetness, nut butter for creaminess, cacao for richness, or a pinch more salt for overall balance.

**STEP 2:** Using a tablespoon measure, scoop the mixture into balls and roll between your hands until smooth.



**STEP 3:** Roll each ball in your granola mixture or toasted seeds until coated, pressing slightly if needed. Store in an airtight jar and enjoy as part of a healthy routine.

**NOTES:** Herbs such as ashwagandha should be gently introduced into your diet and routine, giving your body the chance to adjust to their powerful medicinal effect. Feel free to start using less capsules in this recipe, and increasing them as you see fit, taking the overall dosage into consideration when you decide how many Bliss Bites to consume as a single serving.



Among the many active constituents in ashwagandha, such as alkaloids, steroidal compounds, saponins and withanolides, one of the main biologically active compounds is Withaferin A, and along with withanolide D and withanone, is thought to be the main reason for its therapeutic benefits. Withaferin A is said to possess diverse biological actions, such as stress and inflammation reduction, antioxidant free radical transformation, immunomodulation, tumour growth inhibition, and anticancer properties. Once you understand the far reaching effects of each of these actions, you can truly appreciate the profound healing potential of this incredible plant.



## Chaga

*Tonic medicinal mushroom*

**TASTE** Chaga has a subtle flavour with a note of vanilla. It's not 'mushroomy' at all.

**HOW TO USE** Make a tea using 1-2 teaspoons per person, steeped in hot water either in a teapot or coffee-plunger and strain it to make a rich, dark, coffee-like drink or hot chocolate drink. This cooled tea can be added to smoothies. Add powder to soups or stews. For tonic effects, daily use is recommended.

### BENEFITS

- Discourages cancer
- Antioxidant
- Sustains energy
- Makes you happier
- Protects the heart
- Longevity mushroom
- Anti-bacterial
- Boosts immunity
- Anti-inflammatory

## Chai Chaga Iced Tea

AN IMMUNE BOOSTING, REFRESHING  
AND DELICIOUS CREATION FROM LINDA  
@THEHONESTGRAZER

MAKES 2 Cups

### INGREDIENTS

2 chai tea bags  
2 cups boiling water  
2 tbsp Soaring Free Superfoods Chaga Powder  
1-3 tbsp Soaring Free Superfoods Coconut Blossom Nectar (depending on personal preference)  
coconut cream  
ice blocks

### METHOD

**STEP 1:** Add the chai tea bags and chaga powder to a heat-safe glass jug. Add boiling water and let it steep until completely cool.

**STEP 2:** Remove the tea bags and strain through a sieve (or leave as is if you don't mind the Chaga bits).

**STEP 3:** Stir in the Coconut Blossom Nectar and transfer to a glass jug or bottle.

**STEP 4:** Refrigerate until cold. Serve with ice and coconut cream (according to taste).



## Cordyceps

*For an energising, adaptogenic tonic mushroom*

**TASTE** Earthy, mild, umami

**HOW TO USE** blend into hot drinks, smoothies and soups. Add to energy bites or dips

### BENEFITS

- Adaptogenic support
- Sustains energy
- Anti-inflammation support
- Strengthens the immune system



Cordyceps is known as the 'the athlete's mushroom' as it may boost the body's supply of ATP, a primary source of energy to improve stamina and endurance and support physical performance. It has been regarded as a staple in holistic medicine for centuries and has long been revered for its potent anti-ageing and health-promoting properties. Also considered an aphrodisiac, it is said to support oxygen uptake and enhance the libido and fertility.

## Cordyceps Cinnamon Bomb

A CHUNKY, NUTTY SMOOTHIE BOWL FOR EXTRA ZING!

**MAKES** 1 serving

### HOW TO USE

Works best taken before physical activities to harness its energising effects.

### DOSAGE

Start with 1 tsp or 4 capsules (2g) per day. Up to 5 tsp or 20 (10g) capsules can be used per day once acquainted with the effects. Double your dose for the first 3 weeks to accelerate results.

### INGREDIENTS

- 1 frozen banana
- 1 tsp cinnamon
- 1 Tbsp Cinnamon Plant-Based Superfood Protein Mix
- 1 tsp Cordyceps Powder
- 1 tsp maple syrup
- ½ C fresh almond milk
- 1 Tbsp almond / macadamia nut butter

### METHOD

Blend together until smooth! Top with extra cinnamon if desired.



## Immunity

*For broad-spectrum immune support from 6 of the most potent medicinal mushrooms*

**TASTE** Earthy, not mushroomy

**HOW TO USE** Works best blended into hot drinks. Upgrade your coffee by adding a teaspoon to help minimise the negative effects. It is also easily added to homemade chocolates.

Maintenance dose: 1 tsp (up to 5g) per day

Therapeutic dose: 2 tsp (up to 10g) per day

Double your dose for the first 3 weeks to accelerate results.

### BENEFITS:

- Viral guard and anti-bacterial
- Modulates the immune response
- Helps maintain healthy cellular functioning
- Powerful restorative adaptogenic elixir which combats adrenal fatigue, hormonal imbalances and compromised immune systems caused by stress
- With cell-protective antioxidants which remove cell damaging toxins



Mushrooms contain unique bioactive nutrients that cannot be found in any other plant or animal sources. They are also a rich concentrated source of polysaccharides and anti-inflammatory antioxidants which protect the body against microbial and viral infections. They contain beta glucans (soluble dietary fibre) which replenish and improve your gut microbiome, and we know that about 70% of the immune system resides in the gut.



## Immunity Chocolate Elixir

**A NEUTRACEUTICAL BOOST FROM 7 MEDICINAL HERBS PLUS CHOCOLATE!**

**MAKES** 1 - 2 servings

### INGREDIENTS

2 tsp raw cacao powder  
1 tsp Immunity  
1 heaped tsp nut butter  
1 tsp vanilla extract  
1/4 tsp Maca Xpresso (optional)  
1 medjool date (or maple syrup)  
1 C milk of choice  
hot water (for 1 - 2 servings)  
Pinch salt

### METHOD

Add all the ingredients to a blender. Blend until smooth. Serve while hot!

## Immune Supporting Botanicals

IN OUR IMMUNITY MEDICINAL MUSHROOM BLEND

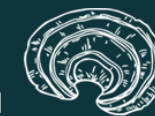
### GYNOSTEMMA



Adaptogenic herb that contains immune-modulating and beneficial saponins that help the digestive, nervous and reproductive system

- Reduces negative impacts of stress
- Restores hormonal imbalance
- Relieves anxiety and mental tension

### REISHI



Adaptogenic medicinal mushroom with over 400 nutritional and beneficial compounds, earning its name as the 'mushroom of longevity'.

- Anti-allergenic, anti-viral, antibacterial and anti-inflammatory
- Reduces anxiety, stress and tension in the nervous system
- Taoist believe it increases the spiritual 'shen' energy and transforms negative energy in the body

### CHAGA



The most potent tonic medicinal mushrooms, long used in traditional Siberian, Korean, Chinese, North European and Scandinavian herbalism.

- Contains the highest amounts of anti-tumour, cancer-fighting compounds of any herb
- With phytochemicals, nutrients and free-radical-scavenging antioxidants that strengthen the immune system

### LION'S MANE



Nature's gift to your nervous system! It's the only mushroom possessing TWO potent nerve growth factors (NGF), showing potential benefits for Parkinson's and Alzheimer's disease.

- Nootropic that restores and improves the brain's cognitive ability
- Changes the brain's structure by growing new neural pathways
- Immune supportive, anti-inflammatory and antioxidant
- Anticoagulant that inhibits blood coagulation

### MAITAKE



A medicinal mushroom that is native to the northeastern part of Japan and North America. When dried, its potent anti-cancer, antiviral and immune-enhancing properties are concentrated and often used in traditional Chinese and Japanese medicine.

### CORDYCEPS



The athlete's endurance mushroom! An energising and adaptogenic medicinal mushroom for optimal physical health.

- Fights fatigue, treats muscular aches and prevents burnout
- Boosts athletic performance and physical abilities
- Enhances the body's supply of ATP, a primary source of energy, to combat diseases.

### AGARICUS BLAZEI



The Brazilian "Mushroom of the Gods" with the most potent immune-modulating polysaccharides yet discovered.

- Immune supporting beta-glucan polysaccharides
- Antiviral, anti-diabetic, antioxidant and anti-inflammatory
- Beta glucans stimulate the activity of natural "killer cells" which are a vital part of the immune system.





## Lion's Mane

*For a mental clarity & cognitive performance enhancing mushroom*

**TASTE** Earthy, mild, umami

**HOW TO USE** blend into hot drinks, smoothies and soups. Add to energy bites or dips

### BENEFITS

- Nerve regeneration, neuroprotective & anti-ageing
- Immuno-modulating properties for immune support & improved gut health
- Anti-inflammatory
- Anticarcinogenic & rich in antioxidants
- Improves mental anxiety, cognitive function & depressive symptoms



Lion's mane is an edible mushroom with medicinal properties, considered nature's gift to your nervous system and memory throughout the history of traditional Chinese and Japanese medicine! It's been recognised as a natural and effective nootropic that may enhance cognitive function, and has been used in traditional medicinal systems to reduce anxiety, improve gut health and strengthen the immune system.

## Lion's Mane Latte

**A CREAMY MIND-REJUVINATING LATTE WITH 2 BRAIN-BOOSTING BOTANICALS!**

**MAKES** 1 serving

### HOW TO USE

Best taken first thing in the morning, blended into hot drinks. Mix 1 - 2 tsp into chai, tea, coffee or hot chocolate, or add to recipes in measured doses, or take capsules with water or juice.

### DOSAGE

Start with 1 tsp or 4 capsules (2g) per day. Up to 5 tsp or 20 capsules (10g) can be used per day once acquainted with the effects. Double your dose for the first 3 weeks to accelerate results.

### INGREDIENTS

300ml hot water  
100ml coconut or plant-based milk  
1 Tbsp Lion's Mane Powder  
1 tsp Maca Xpresso or Maca Powder  
1 Tbsp coconut sugar or medjool dates

### METHOD

Blend the ingredients in a blender. Heat over the stove top. Whisk vigorously for a frothy latté.



# Matcha Mint Latté

A MINTY, GREEN, FROTHY DRINK TO SIP ON FOR A BRAIN-BOOSTING, ENERGISING LIFT

**MAKES** 1 large latté

## HOW TO USE

Matcha tastes like strong black tea with overtones of green from the rich chlorophyll content. Stir into hot water to make tea and top up with milk of choice for added creaminess. Alternatively, blend with hot water, coconut oil or cacao butter and almond milk or hemp seeds for a frothy, creamy plant-based drink. For extra flavour add honey, some dried mint leaves or lemon rind. Add to a superfood smoothie, hot chocolate or mix a shot of matcha with steamed milk and espresso for an extra boost.

## INGREDIENTS

- 1½ tsp Matcha Powder
- 1½ Tbsp honey
- 1½ tsp hot water
- ½ drop peppermint essential oil
- 1½ C coconut milk or almond milk

## METHOD

- STEP 1:** Place the matcha and hot water into a mug. Mix well.
- STEP 2:** Warm your milk of choice and remove from the heat. Use a handheld frother, frothing pitcher or an espresso machine to froth the milk. Or see step 4 for an alternative option.
- STEP 3:** Pour the milk into your mug. Pour one drop of mint essential oil onto a teaspoon. From there tilt about half a drop from the spoon into the latté. Add honey. Stir well to combine.

**STEP 4:** Alternatively, blend all ingredients together in a blender to get the desired frothiness.

# Matcha

*A healthier, alkalising alternative to coffee for calm energy and concentration, without acidifying effects & caffeine jitters*

**TASTE** Like strong black tea with a hint of 'green'

**HOW TO USE** Stir into hot water to make tea and top up with milk of choice for added creaminess.

Alternatively, blend with hot water, coconut oil or cacao butter and plant milk or hemp seeds for a frothy, creamy drink.

For extra flavour add honey, some dried mint leaves or lemon rind. Add to a superfood smoothie, hot chocolate or mix a shot of matcha with steamed milk and espresso for the energising effects of the dynamic duo: L-theanine and caffeine.

## BENEFITS

- Balances stress and enhances sleep
- Removes toxins & heavy metals
- Alkalises & energises
- Promotes zen-like alertness & focus
- Speeds up metabolism & supports weight loss
- A caffeine boost without the jitters, anxiety or crash



Matcha contains a high concentration of L-theanine, an amino acid that creates enhanced mental focus coupled with calmness. It reduces stress and increases the production of serotonin and dopamine (happy hormones) to enhance mental focus and memory. The combination of caffeine and L-theanine creates an alertness without the nervous energy that we get from coffee which often leads to feeling 'wired but tired'.

## MATCHA VS COFFEE

- 6 hours of energy **VS** 1.5 hours of energy
- high in antioxidants **VS** low antioxidants
- clean teeth & fresh breath **VS** stained teeth and coffee breath
- detoxifies **VS** acidifies & impairs sleep for 10hr after
- lasting zen-like focus **VS** anxiety & jitters
- alkalising & anti-inflammatory **VS** increases inflammation & stresses adrenals



## Mucuna

*For a natural, effective, botanical mood-enhancer*

**TASTE** Mild, bean flavour

**HOW TO USE** Blend into hot chocolates, teas and smoothies. Goes best in warm drinks, but it's best not to overheat to ensure nutritional quality

### BENEFITS

- Improves sleep
- Neuroprotective – enhances cognition and memory
- Mood-boosting and antidepressant properties – improves mood and motivation
- High in nootropic compound L-dopa – which boosts dopamine production and assists brain function relating to memory and cognition
- Stimulates libido and testosterone production



Mucuna stimulates your happy hormones! This potent plant contains bioactive tryptamines, including **serotonin (your happy hormone)**, **5-HTP**, and high amounts of the **powerful neurotransmitter, L-dopa**. The amino acid **L-dopa** is vital for your happy hormone production, as it converts into **dopamine**. Our body requires L-dopa to make dopamine, the "chemical messenger" which our nerve cells need for relaying messages from one to the other. It is said to be essential for treating Parkinson's.

## Mucuna Hot Chocolate

A WARMING CHOCOLATE  
FEELGOOD DRINK

MAKES 2

### HOW TO USE

Mucuna powder doesn't dissolve completely as it's a finely-ground, whole bean. It is best taken in hot drinks.

### INGREDIENTS

- 2 C plant-based milk
- 1/3 C coconut milk or coconut cream
- 4 tsp mucuna powder (2 daily doses for 2 servings)
- 1/3 C dairy-free chocolate or raw chocolate chips or raw cacao powder
- 1 Tbsp cashew butter
- 1 tsp vanilla extract
- 1 Tbsp gmo-free cornstarch (optional)
- pinch of salt
- liquid sweetener of choice

### METHOD

**STEP 1:** Simmer all of the ingredients, except the cornstarch, in a saucepan over medium heat for 5 minutes.

**STEP 2:** Once the chocolate has melted and the mixture is hot, mix the cornstarch with a bit of water to make a paste and whisk into the hot chocolate mixture.

**STEP 3:** Cook for another 3-5 minutes until thickened and pour into mugs.

**STEP 4:** Serve with extra coconut cream, cacao powder and cinnamon sugar.

**NOTES:** The cornstarch can be left out, it's just a thickening agent if you're looking for a thicker hot chocolate. You can also use arrowroot flour or hemp seeds to thicken. The cashew butter can be subbed with almond butter or hazelnut butter.

# Reishi

*Queen of the Mushrooms, one of the most potent, prized tonic herbs, for stress-busting, immune boosting support*

**TASTE** Earthy, slightly bitter

**HOW TO USE** Works best blended into hot drinks. Simply mix 1 - 2 teaspoons into tea, coffee, hot chocolate and smoothies, or add to recipes.

## BENEFITS

- Balances stress and enhances sleep
- Powerful adaptogen which restores hormonal imbalances, promotes calmness and combats the effects of stress
- Immune support for a more resilient immune system
- Renewed vitality
- Combats inflammation and improves recovery from exercise
- Inhibits candida growth
- Maintains healthy testosterone levels
- High in antioxidants which detoxify the body and transform cell-damaging free radicals
- Breaks down calcification in the body (joints, arteries, brain, etc)



# Glazed Reishi Doughnuts

**MAKES 12**

## HOW TO USE

Reishi has an earthy, slightly bitter flavour that goes well in chocolate and coffee. You can add it to hot chaga too. Here is a recipe that ticks all of the boxes!

## INGREDIENTS

2 C gluten-free flour (can sub 1:1 white flour)  
½ C coconut sugar  
1½ tsp Reishi Powder  
2 tsp baking powder  
2 tsp baking soda (bicarbonate soda)  
¼ tsp salt  
1¼ C almond milk  
1 tsp apple cider vinegar (can sub regular grape vinegar)  
3 Tbsp Coconut Blossom Nectar or maple syrup  
1 tsp vanilla extract

### Optional extras:

¼ C beet juice  
1 heaped Tbsp blueberry powder, or fresh or crushed freeze-dried blueberries  
coconut sugar and cinnamon mix  
desiccated coconut and edible flowers for toppings

### Basic glaze:

½ C macadamia nut butter  
3 Tbsp Coconut Blossom Nectar  
2 tsp of coconut oil or Cacao Butter, melted

### Glaze flavour options:

1 Tbsp Cacao Powder  
pinch of sea salt or 1/3 C fresh or freeze-dried blueberries (we used fresh in our recipe) or ½ tsp vanilla powder or extract



## METHOD

**STEP 1:** Preheat the oven to 180°.

**STEP 2:** Mix the dry ingredients together in a bowl.

**STEP 3:** Mix the wet ingredients together in a separate bowl.

**STEP 4:** Gently fold the dry ingredients into the wet ingredients just until incorporated. Don't over mix the batter.

**STEP 5:** Using a piping bag or a large ziplock bag with the corner cut out, pipe the doughnuts into a greased doughnut pan filling about ¾ of the way full. Or you can spoon into a muffin tray if you don't have one for doughnuts and don't mind a muffin-shaped doughnut.

**STEP 6:** Bake for 8-10 minutes or until a toothpick comes out clean. Let cool completely before glazing.

**STEP 7:** To glaze the doughnuts, blend all the glaze ingredients together, pour in a bowl, then dunk each doughnut into the glaze. Top with shredded/desiccated coconut and edible flowers. Let them sit for the glaze to firm up slightly. Or skip the glaze and dust with finely-milled coconut sugar and cinnamon mix.

**NOTES:** • To get the iconic shape of doughnuts you need a doughnut pan, but if all you have is a muffin tray you can use that too. • For a healthy flour alternative use a ratio of ½ whole wheat, ½ oat flour, even chickpea flour can be used as a healthy, protein-packed flour alternative. • More reishi can be added to get more medicinal effect, but keep taste-testing as it can be bitter. • The macadamia nut butter can be substituted with tahini, cashew, almond or smooth peanut butter.



Reishi (*Ganoderma lucidum*), known as “the mushroom of immortality” has over 400 nutritional compounds that are beneficial for our health. This includes antioxidants that prevent the damaging effects of free radicals, beta-glucans which lowers our “bad” LDL cholesterol levels. Reishi has the ability to strengthen the body's immune system response by improving the functioning of our white blood cells and increasing our pathogen-fighting white-blood-cell count. Being the Queen of Mushrooms, reishi also inhibits lower level fungus like candida.



## Turkey Tail

*An adaptogenic vitality mushroom that may support the immune system and gut health.*

**TASTE** Slightly earthy and bitter

**HOW TO USE** Works best blended into hot drinks. 1 - 2 teaspoons into tea, coffee, hot chocolate, smoothies & blend. Start with 2g per day. Up to 10g can be used daily once acquainted with the effects. 1 tsp = 5ml = approx 2.5g

### BENEFITS

- Cancer-fighting
- Immune strengthening
- Prebiotic gut support
- Anti-inflammatory

## Turkey Tail Brownies

THESE DECADENT CHOCOLATE BROWNIES ARE TAKEN FROM A SWEET TREAT TO A MEDICINAL MUST-HAVE WITH A FEW TEASPOONS OF THIS POTENT FUNGI

**MAKES** 1 tray of about 4 - 6 brownies

### INGREDIENTS

3/4 C runny tahini or peanut butter (NB: not the dry, thick kind)  
1/2 C maple syrup  
1/2 C + 2 Tbsp Cacao Powder  
4 - 6 tsp Turkey Tail Powder  
1 Soaring Free Superherb Zero-Sugar Bar, chopped into small chunks  
Up to 1 Tbsp baking powder  
1/2 tsp vanilla extract  
1/4 tsp baking soda (bicarb)  
Melted Cacao Butter for the right consistency  
1/5 tsp Himalayan salt

### METHOD

**STEP 1:** Combine wet ingredients, combine dry ingredients. Mix it together and scoop into a tray.

**STEP 2:** Bake in baking tray greased with cacao butter or lined with baking paper for 15-20 minutes @ 180°C.

**STEP 3:** Remove from oven. Allow to cool and then cut into squares. Serve as is or with a dollop of ice cream or thick cream.



SHOP PRODUCT

NUTRITIONAL INFORMATION

Açaí	Per 100 g	Per 5 g
Energy (kJ)	541	27
Protein (g)	10,2	0,5
Carbohydrate (g)	32	2
of which total sugar (g)	2,0	0,1
Total Fat (g)	54,0	2,7
of which saturated fat (g)	15,0	0,8
Total Sodium (mg)	64	3
Dietary Fibre <sup>AOAC 991.43</sup> (g)	27,0	1,4
Omega 9 (g)	30,3	1,5
Omega 6 (g)	5,1	0,3
Vitamin E (mg)	12,7	0,6



SHOP PRODUCT

NUTRITIONAL INFORMATION

Cordyceps	Per 100 g	Per 2 g
Energy (kJ)	292	6
Protein (g)	20,9	0,4
Carbohydrate (g)	62	1
of which total sugar (g)	0,0	0,0
Total Fat (g)	4,7	0,1
of which saturated fat (g)	0,0	0,0
Total Sodium (mg)	264	5
Dietary Fibre <sup>AOAC 991.43</sup> (g)	20,1	0,4



SHOP PRODUCT

NUTRITIONAL INFORMATION

Ashwagandha	Per 100 g	Per 2,5 g
Energy (kJ)	1190	30
Protein (g)	0,0	0,0
Carbohydrate (g)	55	1
of which total sugar (g)	0,0	0,0
Total Fat (g)	0,0	0,0
of which saturated fat (g)	0,0	0,0
Total Sodium (mg)	0	0
Dietary Fibre <sup>AOAC 991.43</sup> (g)	15,0	0,4



SHOP PRODUCT

NUTRITIONAL INFORMATION

Chaga Powder	Per 100 g	Per 2 g (4 caps)
Energy (kJ)	799	16
Protein (g)	6,3	0,1
Carbohydrate (g)	6	0
of which total sugar (g)		0,0
Total Fat (g)	0,3	0,0
of which saturated fat (g)	0,1	0,0
Total Sodium (mg)	50,0	1,0
Dietary Fibre <sup>AOAC 991.43</sup> (g)	0	0



SHOP PRODUCT

NUTRITIONAL INFORMATION

Lion's Mane	Per 100 g	Per 2 g
Energy (kJ)	288	6
Protein (g)	13,0	0,3
Carbohydrate (g)	70	1
of which total sugar (g)	3,0	0,1
Total Fat (g)	4,3	0,1
of which saturated fat (g)	0,3	0,0
Total Sodium (mg)	175	4
Dietary Fibre <sup>AOAC 991.43</sup> (g)	42,0	0,8



SHOP PRODUCT

NUTRITIONAL INFORMATION

Turkey Tail	Per 100 g	Per 2 g
Energy (kJ)	386	8
Protein (g)	12,9	0,3
Carbohydrate (g)	81	2
of which total sugar (g)	3,7	0,1
Total Fat (g)	1,3	0,0
of which saturated fat (g)	0,0	0,0
Total Sodium (mg)	13,6	0,3
Dietary Fibre <sup>AOAC 991.43</sup> (g)	0,18	0



SHOP PRODUCT

NUTRITIONAL INFORMATION

Matcha	Per 100 g	Per 4 g
Energy (kJ)	1258	50
Protein (g)	127,2	1,1
Carbohydrate (g)	59	2
of which total sugar (g)		0,0
Total Fat (g)	3,3	0,1
of which saturated fat (g)		0,0
Total Sodium (mg)	2	0
Dietary Fibre <sup>AOAC 991.43</sup> (g)	37,3	1,5
Vitamin C (mg)	402,0	16,1

## Potent Plants Blends



SHOP PRODUCT

NUTRITIONAL INFORMATION

Mucuna	Per 100 g	Per 10 g
Energy (kJ)	180	18
Protein (g)	10,8	1,1
Carbohydrate (g)	11	1
of which total sugar (g)	2,5	0,3
Total Fat (g)	4,0	0,4
of which saturated fat (g)	1,0	0,1
Total Sodium (mg)	4	0
Dietary Fibre <sup>AOAC 991.43</sup> (g)	5,2	0,5
Iron (mg)	5,2	0,5
Potassium (mg)	2537,0	253,7



SHOP PRODUCT

NUTRITIONAL INFORMATION

Reishi	Per 100 g	Per 1,5 g
Energy (kJ)	907	14
Protein (g)	9,2	0,1
Carbohydrate (g)	81	1
of which total sugar (g)	0,3	0,0
Total Fat (g)	2,3	0,0
of which saturated fat (g)	0,2	0,0
Total Sodium (mg)	160	2
Dietary Fibre <sup>AOAC 991.43</sup> (g)	86,4	1,3
Iron (mg)	57,0	0,9
Potassium (mg)	1580,0	23,7






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