

Sacred Sips

MUSHROOM MOCKTAIL
FOR CLARITY AND CONNECTION

*"There's nothing smart about getting wasted.
Power is clarity." — GLORIA STEINEM*



Mabel

The Collections

This is a collection of little spells in a glass.

Some are made to "Shine Out": festive mocktails for connection, clarity, and nights you want to feel alive without the fog of alcohol.

Others are made to "Glow In": cocoas and elixirs for grounding, balance, and rest.

Crafted with herbs, flowers, spices, cacao, and truffles, each recipe is a ritual you can taste. No fog. No hangover. Just that perfect feeling of being present, glowing, and a little enchanted.

This is your invitation to sip, to savour, and to taste what's next. Because alcohol is so yesterday and you are what's next.

For all recipes you will need truffles.
[Get yours here](#) ↗



Mabel

The Manifesto

Sober Curious, The Outer Ritual

Alcohol has long been at the center of our social lives, but let's be honest: it dulls, it numbs, it takes more than it gives. Even "just a little" is still a poison, quietly stealing our glow.

But this collection isn't just about replacing alcohol. It's about rewriting the ritual itself.

That's where "Sober curious" comes in. It describes a movement and mindset where we question our relationship with alcohol, explore a life with less or no drinking for wellness reasons, and intentionally reduce or abstain from alcohol without necessarily having an addiction or committing to permanent sobriety. It involves curiosity about the effects of alcohol on one's health and life, with the goal of improving overall well-being by adopting a more mindful approach to consumption and seeking out alcohol-free alternatives.

It's not about denial. It's about redefining pleasure.

Choosing glow over fog and presence over poison.

"I can tell you this from my own experience: when I microdose, there's something different in the air. I feel more open, more confident, more lit from within. And people notice, not in the loud, sloppy way of alcohol, but in a softer, magnetic way.

And the next morning? No hangover, no regret.

Just a sharp, happy mind that pulls on sneakers for the gym, instead of sinking into the couch with hangover pizza".

PERNILLE, FOUNDER OF MABEL

The Forgotten Brews, The Inner Ritual

But not every drink is about going out. Some are about going in.

For centuries, our sisters before us brewed with medicinal plants, herbs, and mushrooms.

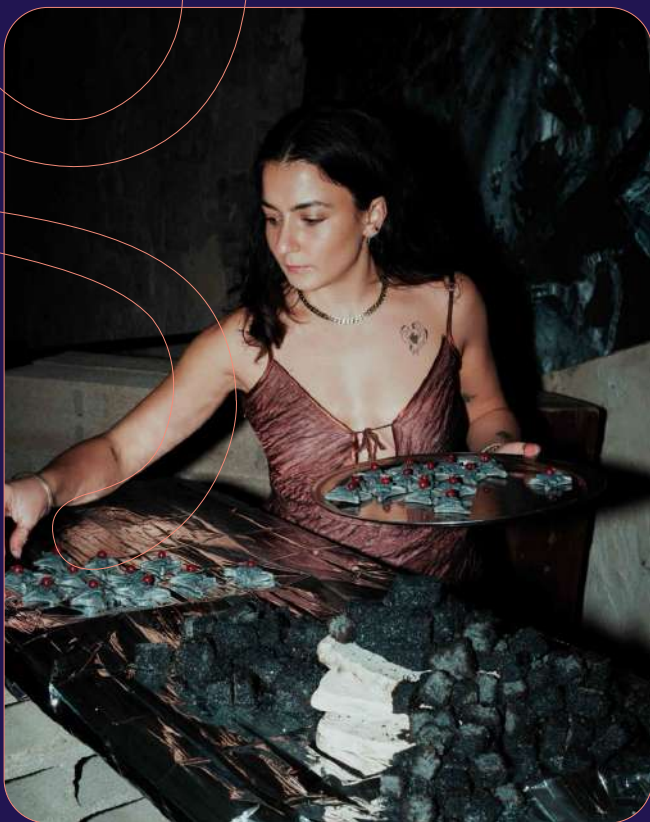
They were labeled witches, but they held power, and villagers came to them for healing, balance, and comfort.

That lineage reminds us: the power of ritualistic drinks is nothing new.

It has only been forgotten. These teas, milks, and cacao brews are made for you to bring them back, to ground us, to support cycles, to ease sleep, to reconnect body and mind.

This is your invitation to create your own healing heart-opener, drinks that support not just how you feel tonight, but how you wake up tomorrow.

The Collaboration



This collection is co-created with Anna Meerson, founder of Baboushka, a creative studio that blurs the lines between food, design, and performance.

Born in Paris and raised in England, Anna spent 15 years in the UK before returning to her home city to study architecture. Her path has since moved fluidly across design, photography, scenography, and the culinary arts, disciplines she fuses together in bold, innovative ways.

After graduating in 2022, Anna founded Baboushka, a catering and creative service that has already carved out a distinct identity in Paris, London, and Lisbon. From intimate supper clubs to multi-course culinary performances, her work reimagines dining as an experience of beauty, ritual, and surprise.

Why you wanted to work with us?

I wanted to work with Mabel because it's a woman-led project created with women in mind, which immediately resonated with me. I had already experienced the positive effects of microdosing truffles, helping me manage anxiety, stress, mindfulness, and I was looking to return to that practice.

Living with a chronic inflammatory illness that is often triggered by stress has made me very conscious of how important it is to calm and support my nervous system, and truffles felt like a natural ally in that journey.

I've also been alcohol-free for almost two years, so developing non-alcoholic, truffle-infused drinks felt especially meaningful, it's something I would genuinely choose for myself, and I was excited to share that possibility with others.

What you'd love people to take away from this collaboration?

I hope people come away with the sense that there are gentle, natural alternatives to substances and habits that can be harmful to us. Health and balance don't have to feel out of reach, sometimes it's about finding tools that connect you back to yourself. Psychedelic truffles, when approached mindfully and with care, can be one of those tools. I want people to feel curious rather than fearful, and to see that nourishing your body and mind can also be a beautiful, enjoyable experience.

— ANNA MEERSON, BABOUSHKA

For Mabel, Anna embodies the new generation of creatives who see food and drink not only as nourishment, but as design, storytelling, and ceremony.

Together, we created The Magic Mocktail Collection as an invitation into this world.

The Magic Mocktail Collection

AT A GLANCE

CHOOSE YOUR RITUAL:

Shine Out with festive mocktails,

Glow In with teas and night elixirs.

"The possession of knowledge does not kill the sense of wonder and mystery. There is always more mystery."

— ANAÏS NIN

Mabel Truffle Syrup base

SHINE OUT *Festive Mocktails*

Rosewater Truffle Mocktail

CONNECTION ——— BEAUTY ——— CLARITY

Turmeric & Pepper Truffle Mocktail

ENERGY ——— GLOW ——— RESILIENCE

GLOW IN *Teas & Night Elixirs*

Cycle Support Tea

RELIEF ——— GROUNDING ——— BALANCE

Evening Milk Truffle Sleep Aid

RELAXATION ——— REST ——— DEEP SLEEP

Psychedelic Hot Chocolate

PRESENCE ——— HEART-OPENING ——— EMPOWERMENT

Mabel Truffle Syrup Base

MASTER RECIPE FOR ONE PERSON,
BASED ON 3 DOSES PER SERVING (1 G PER DOSE)

This syrup is the foundation of every Mabel drink. It's designed to extract the full spectrum of actives from your truffles safely and effectively, while allowing you to later infuse flavor and functional ingredients specific to each recipe.

Each serving contains 3 g of truffles per person, equivalent to 3 standard microdoses. You are of course welcome to experiment with 4-5 gr if you feel the need.



Ingredients

(1 person / 3 doses)

- ☐ 3 g (3 × 1 g doses) of fresh truffles
- ☐ 200 ml filtered water
- ☐ 2 tbsp (≈ 30 g) of honey or unrefined sugar
- ☐ 1/2 tsp of fresh lemon juice (acidifies & stabilizes psilocybin)

Extraction Process

- ☐ In a small pot, combine water, honey (or sugar), and lemon juice. Bring to a boil, then remove from heat. Let cool for about one minute, the temperature should drop to roughly 60°C.
- ☐ Lightly crush or cut the truffles into tiny pieces and add them to the warm syrup. Stir gently.
- ☐ Cover the pot and let it sit for 10-15 minutes. Do not simmer or boil, high heat destroys psilocybin.
- ☒ Pour through a fine mesh or cheesecloth to remove solids. This is your Truffle Syrup Base.
- ☐ Transfer to a clean glass jar, seal tightly, and refrigerate for up to 48 hours. Do not reheat above 60°C.

Rose water & lemon zest truffle mocktail

CONNECTION — CLARITY — BEAUTY



Syrup Variation

Rose Truffle Syrup

Prepare the Mabel Truffle Syrup Base (3 g truffles / person). During the infusion phase, after removing from heat, add:

- ☐ Zest of 1/2 lemon per person
- ☐ 1 tsp rose water per 200 ml syrup

Steep 10 minutes, strain, and cool completely.

Ingredients

(per glass)

- ☐ 25 ml Rose Truffle Syrup
- ☐ 15 ml fresh lemon juice
- ☐ 50 ml chilled white tea
- ☐ Sparkling water to top
- ☐ Ice

Instructions

- ☐ Shake syrup, lemon, and tea with ice.
- ☐ Strain into a glass with fresh ice and top with sparkling water.
- ☐ Garnish with a fine twist of lemon zest.

Turmeric & pepper truffles mocktail

ENERGY — GLOW — RESILIENCE



Syrup Variation

Turmeric Truffle Syrup

Prepare the Mabel Truffle Syrup Base (3 g truffles / person).
During the infusion phase, add:

- ☐ 1 tsp turmeric
(or 1 cm fresh root, sliced)
- ☐ 1 star anise
- ☐ 3 turns fresh black pepper
- ☐ Zest of 1/2 lemon per person

Infuse 10 minutes below 70 °C, strain, and cool.

Ingredients

(per glass)

- ☐ 25 ml Turmeric Truffle Syrup
- ☐ 20 ml orange juice
- ☐ 10 ml lime juice
- ☐ 60 ml coconut water or rooibos tea
- ☐ Ice

Instructions

- ☐ Shake all ingredients over ice.

- ☐ Strain into a rocks glass and garnish
with a slice of citrus or a crack of pink
peppercorn.

Tea for cramps

RELIEF — GROUNDING — BALANCE



Syrup Variation/Brew

This recipe doesn't use syrup, the truffle is steeped directly into the tea.

Ingredients

(per cup)

- ☐ 3 g of fresh truffles⁷
- ☐ 1 tbsp dried hibiscus petals
- ☐ 2–3 slices fresh ginger
- ☐ 1 tsp dried raspberry leaf
(optional: toning for uterus)
- ☐ 1 tsp raw honey or date syrup
- ☐ 1 cup hot water (below boiling,
ideally 60°C to preserve psilocybin)

Instructions

- ☐ Brew hibiscus, ginger, and raspberry leaf in hot water for 5–7 minutes.
- ☐ Remove from heat, let cool slightly to ≈60 °C, then add finely chopped or ground truffle.
- ☐ Steep for 10 minutes off-heat.
- ☐ Strain, then stir in honey.
- ☐ Garnish with a hibiscus petal or a citrus peel twist.

Heart- warming hot chocolate

PRESENCE — HEART-OPENING — EMPOWERMENT



Syrup Variation/Brew

This recipe doesn't use syrup,
the truffle is steeped directly into the tea.

Ingredients

- ☐ 3 g of fresh truffles ↗
- ☐ 200 ml plant milk (almond, oat,
or coconut recommended)
- ☐ 1 tbsp of Mabel Midnight Cacao ↗
or 1 tbsp raw cacao powder
(or ceremonial cacao if available)
- ☐ 1/2 tsp maca powder
(optional: for balance and energy)
- ☐ 1/4 tsp cinnamon
- ☐ Pinch of cayenne or black pepper
(supports absorption)
- ☐ 1 tsp maple syrup, coconut sugar,
or date syrup (to taste)
- ☐ Tiny pinch of sea salt
(enhances depth)

Instructions

- ☐ Warm the milk gently in a saucepan,
keeping temperature below 60 °C
(do not boil).
- ☐ Whisk in cacao, maca, cinnamon,
cayenne, salt, and sweetener
until smooth.
- ☐ Remove from heat, then add finely
chopped truffles.
- ☐ Let steep for 10 minutes
off-heat before serving.
- ☐ Optionally garnish with a slice of
orange or a dusting of cacao.

Evening milk truffle sleep aid

RELAXATION — REST — DEEP SLEEP



Syrup Variation/Brew

This recipe doesn't use syrup,
the truffle is steeped directly into the tea.

Ingredients

- ☐ 200 ml oat or almond milk
- ☐ 1/2 tsp of Mabel Midnight Manna ↗
- ☐ 1/4 tsp cinnamon
- ☐ Pinch of nutmeg
- ☐ 3 g finely chopped fresh truffles ↗
(added off-heat)
- ☐ 1 tsp honey

Instructions

- ☐ Warm milk gently with cinnamon and nutmeg keeping temperature below 60 °C (do not boil).
- ☐ Remove from heat. Stir in truffles, honey and Midnight Manna.
- ☐ Steep 10 minutes off-heat; strain if desired; serve warm.
- ☐ Optional: garnish with a star anise.

Pour into a cup, sprinkle with cinnamon,
and enjoy warm as an evening ritual
for rest and calm.

How It Works

The onset of truffles is gentle, usually between 20 and 60 minutes, though everybody is different and each of us has our own pace for integrating the experience.

With the guidelines we've given here, the effects should remain subtle. This is not the drowsy intoxication of alcohol, but a calm, clear presence. A lighthearted glow. A softened sense of self-judgment and, often, an increased feeling of self-love and quiet awe.

Behind the scenes, psilocybin (the active compound in truffles) is converted into psilocin in the body. It works on the serotonin system, the same pathways that regulate mood and emotional balance, while gently quieting the brain's Default Mode Network (DMN). That's the part of the brain linked to negative loops and repetitive thinking. With its grip eased, the mind finds space to breathe, shift perspective, and reconnect.

This is just the beginning.

The Magic Mocktail Collection starts with five recipes, a taste of what's possible when we replace alcohol with rituals that heal, connect, and inspire. More recipes and more rituals are to come.

*"Do stuff. Be clenched, curious.
Not waiting for inspiration's shove
or society's kiss on your forehead.
Pay attention.
It's all about paying attention."*

— SUSAN SONTAG

And if you're a chef, mixologist, or creator who feels called to expand this work with us, we'd love to hear from you. Together we can grow this movement, and make these rituals part of the culture.