SUPERFOOD MUSHROOM COFFEE!

8 RECIPES INSIDE!

Includes 4 Caffeine-Free Elixirs!
SUPERFOOD MUSHROOM COFFEE?

WTF?!
**WHY WOULD I ADD MUSHROOMS TO MY COFFEE?**

Superfood mushroom coffees are all the craze right now! Adding Chaga, Reishi, Cordyceps, and Lion’s Mane mushroom into your coffee promotes many positive health and performance benefits.

<table>
<thead>
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<th><strong>1. ENERGY</strong></th>
<th><strong>2. ALKALINE</strong></th>
<th><strong>3. ADRENALS</strong></th>
<th><strong>4. BRAIN</strong></th>
<th><strong>5. ANTIOXIDANTS</strong></th>
<th><strong>6. IMMUNITY</strong></th>
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</thead>
<tbody>
<tr>
<td>Mushrooms help our bodies produce energy at the cellular level without over-stimulating the nervous system, much like coffee does.</td>
<td>Coffee is notoriously acid forming in the body. Mushrooms make coffee less acidic by elevating the pH to a more balanced acid-alkaline ratio.</td>
<td>Mushrooms support the adrenal glands and help protect against the crashing side-effects of caffeine over-dose. <strong>No more crash or jitters!</strong></td>
<td>Mushrooms positively promote increased brain power and cognition. You can expect improved mood, focus, memory, and concentration.</td>
<td>Mushrooms are extremely rich in antioxidant enzymes that provide an extra protective boost.</td>
<td>Mushrooms contain unique compounds that offer incredible immune-enhancing benefits.</td>
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**TRY THE FOLLOWING RECIPES...**
VANILLA-CHAGA ICED MOCHA

INGREDIENTS
• 2 Cups cold brew coffee
• 1 Cup Dairy free milk (Almond, Coconut etc.)
• 2 Tb Cacao powder
• 1 tsp **Chaga mushroom extract**
• 1/2 tsp Ground cinnamon powder
• 1/2 tsp Vanilla extract powder
• Favourite sweetener (optional)

DIRECTIONS
Heat 1 cup of milk in a small pot.
Pour hot milk into your blender.
Add the remaining ingredients and blend on high for 10 seconds.
Sip, share, love, enjoy!
Serves 2-3.
**LION’S MANE MUSHROOM BRAIN POWER COFFEE**

**INGREDIENTS**
- 2 Cups prepared hot coffee
- 1 Tb Coconut Oil (or MCT oil)
- 1 Tb Grass-fed butter
- 1 tsp Lion’s Mane mushroom extract
- 1/2 tsp Ground cinnamon powder
- Favourite sweetener (optional)

**DIRECTIONS**

Add all ingredients to your blender and blast on high for 10-20 seconds until smooth. Sip, share, love, enjoy!

*Serves 2-3.*
INGREDIENTS

- 2 Cups prepared hot coffee
- 1 Cup Dairy free milk
- 1 Tb Coconut oil (or MCT oil)
- 1 tsp Cordyceps mushroom extract
- 1 tsp Eleuthero root extract
- 1/2 tsp Maca powder (gelatinized)
- 1/2 tsp Ground cinnamon powder
- Favourite sweetener (optional)

DIRECTIONS

Heat 1 cup of milk in a small pot. 
Pour hot milk into your blender. 
Add the remaining ingredients and blend on high for 10 seconds. 
Sip, share, love, enjoy!
Serves 2-3.
REISHI MUSHROOM CAPPUCINO

INGREDIENTS
• 2 Cups prepared hot coffee
• 1 Cup Dairy free milk
• 1 Tb Coconut oil (or MCT oil)
• 1 Tb Cacao powder
• 1 tsp Reishi mushroom extract
• 1 tsp Hemp seeds
• 1/2 tsp Ground cinnamon powder
• 1/4 tsp Nutmeg
• Favourite sweetener (optional)

DIRECTIONS
Heat 1 cup of milk in a small pot.
Pour hot milk into your blender.
Add the remaining ingredients and blend on high for 10 seconds.
Sip, share, love, enjoy!
Serves 2-3.

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NOT A COFFEE FAN?

CHECK OUT THESE CAFFEINE FREE ALT-MUSHROOM DRINKS...
CHAGA ALT-COFFEE

INGREDIENTS
- 2 Cups hot water
- 1 Tb Coconut Oil (or MCT oil)
- 1 tsp Chaga mushroom extract
- Favourite sweetener (optional)

DID YOU KNOW?
Chaga mushroom was used as a coffee substitute by soldiers in WWII when they ran out of coffee beans.

DIRECTIONS
Add all ingredients to your blender and blend on high for 10-20 seconds until smooth. Sip. share, love, enjoy!
Serves 2-3.

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IMMUNE 'SHROOM LATTE

INGREDIENTS
• 2 Cups Dairy free milk
• 1 Tb Coconut oil or Ghee
• 2 tsp Lucuma powder
• 1/2 tsp Chaga mushroom extract
• 1/2 tsp Cordyceps mushroom extract
• 1/2 tsp Lion's Mane mushroom extract
• 1/2 tsp Reishi mushroom extract
• 1/2 tsp Cinnamon powder
• Favourite sweetener (optional)

DIRECTIONS
Heat 1 cup of milk in a small pot. Pour hot milk into your blender. Add the remaining ingredients and blend on high for 10 seconds. Sip, share, love, enjoy!
Serves 2-3.
HOT MUSHROOM CHOCOLATE

INGREDIENTS
• 1 cup hot water
• 1 cup Dairy free milk
• 3 Tb Cacao powder
• 1 tsp Cacao butter or cashew butter
• 1 tsp Mushroom extract (Choose your fav Chaga, Cordyceps, Lion’s Mane, or Reishi.)
• 1/4 tsp Cinnamon powder
• Favourite sweetener (optional)

DIRECTIONS
Heat 1 cup of milk in a small pot. Pour hot milk into your blender. Add the remaining ingredients and blend on high for 10 seconds. Sip, share, love, enjoy!
Serves 2-3.

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GOLDEN MUSHROOM LATTE

INGREDIENTS:
- 2 Cups hot water
- ½ Cup full-fat coconut milk
- 1 Tb Coconut oil
- 1 tsp Mushroom extract (Choose your fav Chaga, Cordyceps, Lion’s Mane, or Reishi.)
- 1 tsp Turmeric powder
- ¼ tsp Ginger powder
- ⅛ tsp Ground black pepper
- Favourite sweetener (optional)

DIRECTIONS
Heat ½ cup of milk in a small pot.
Pour hot milk into your blender.
Add the remaining ingredients and blend on high for 10 seconds.
Sip, share, love, enjoy!
Serves 2-3.
TRY IT FOR YOURSELF!

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CHAGA MUSHROOM
CORDYCEPS MUSHROOM
LION’S MANE MUSHROOM
REISHI MUSHROOM