Superfood Mushroom Coffee!

Includes 4 Caffeine-Free Elixirs!

8 Recipes Inside!
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.

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

**TRY THE FOLLOWING RECIPES...**
VANILLA-CHAGA ICED MOCHA

INGREDIENTS
• 2 Cups cold brew coffee
• 1 Cup Coconut milk
• 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
Add all ingredients to your blender and blast on high for 10-20 seconds until smooth. Pour over ice in a tall glass. 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.
Cordyceps Mushroom Peak Performance Coffee

INGREDIENTS
- 2 Cups prepared hot coffee
- 1 Cup Coconut 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 CAPPUCCINO

INGREDIENTS
• 2 Cups prepared hot coffee
• 1 Cup Coconut 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)

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

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

INGREDIENTS
• 2 Cups Coconut 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 Coconut 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
• 1/2 Cup Coconut milk
• 1 Tb Coconut oil
• 1 tsp Mushroom extract (Choose your fav Chaga, Cordyceps, Lion’s Mane, or Reishi.)
• 1 tsp Turmeric powder
• 1/4 tsp Ginger powder
• 1/8 tsp Ground black pepper
• Favourite sweetener (optional)

DIRECTIONS
Heat 1/2 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