

# SUPERCHARGE YOUR LIFE WITH GREAT *Mushroom Recipes*



**ADD TO TEA,  
HOT COCOA & COFFEE**



**MAKE A SUPER  
SMOOTHIE**



**ADD TO ICE CREAM  
AND PIE**

## ENJOY THE HEALTH BENEFITS OF ONE OF NATURE'S MOST POWERFUL SUPERFOODS

### NOT YOUR MAMMA'S HOT COCOA

Warm 6 to 8 ounces Elmhurst Unsweetened Walnut Milk/Oat Milk/Almond Milk over a flame (*avoid the microwave - it zaps the nutrients from your food*). Mix in:

2 Teaspoons (or to taste) Organic Cocoa Powder  
½ teaspoon each:

- Reishi Mushroom Powder
- Cordyceps Mushroom Powder
- Chaga Pure Mushroom Powder
- Maitake Pure Mushroom Powder
- Shitake Mushroom Powder

Pinch of Coconut Oil

1 dropper Super Echinacea Herb Pharm

1 dropper of Dandelion Herb Pharm

1 or 2 teaspoons Organic Sweetener: *Maple syrup, Coconut Sugar, Monk Fruit Sweetener, Stevia or Just Date Syrup*

### BOOST SALAD DRESSINGS & MARINADES – BOOST YOUR MEMORY

Yummy when added to any salad dressing or marinade. Add a touch of garlic, rosemary and onion powder.

### GOT EGGS – JUMP START YOUR MORNING WITH AN OMELET

Scramble Up 3 Eggs and add 1 Teaspoon each:

- Reishi Mushroom Powder
- Cordyceps Mushroom Powder
- Chaga Pure Mushroom Powder
- Maitake Pure Mushroom Powder
- Shitake Mushroom Powder

Add your favorite Veggies - *spinach, garlic, onions or bell peppers*  
Add to your toxic free frying pan with a 1/2 teaspoon of coconut oil and cook to perfection!

### HOME MADE ICE CREAM

Adding Master Blend Plant Protein to your vanilla ice cream recipe with a Rev. Jodi favorite. Everyone will feel energized after desert. Let's create a new version of normal.

<https://www.youtube.com/watch?v=ijZVhWc9VCM>

### I LOVE SMOOTHIES

Sustain your wellbeing by adding Brain MD or OM Mushroom powders to your daily smoothies stay balanced, centered, focused and energized throughout your day. Check out our blog for Recipes. <https://susonessentials.com/?s=recipes>



EMOTIONAL *Healing*  
TOXIC FREE LIVING

**TO GET MUSHROOM POWDERS DELIVERED DIRECT  
TO YOUR DOOR- USE THIS QR CODE**

