



Mushroom Tea Elixir

From October 2024 MHS Meeting – [Aubree Saia of Inspired Alchemy](#)

2 cups milk (plant-based preferred)
2 cups spring dragon tea
1 Tbsp MCT Oil
1 Tbsp coconut oil
2-3 Tbsp cacao powder
1/2 tsp reishi mushroom powder
1/2 tsp mucuna
1/4 tsp ashwagandha
1/4 tsp bacopa
1-2 tsp sweetener to taste (we used honey) optional

Place all ingredients into a blender and blend well. Makes one serving.