

RECIPE CARD



JASMINE LAVENDER TEA & TWILIGHT INSIGHT

- NATURAL CAFFEINE, DIGESTION AID,
METABOLISM STIMULANT, ANTIOXIDANT RICH

- 1/8 lavender
- 1/8 jasmine
- 5/8 Neutral Ph Water
- Steeped
- add twilight insight
tincture /
maecylium maple to
taste

PREP TIME ... 15 min ...

SHELF LIFE 6 Days Refrigerated

CREATES 10 Fl. Oz

DETAILS

INGREDIENTS

Combine Match in coffee
filter peculator or coffee
maker.

Steep Water or pour over
120 water

Cool to Room Temp

Add Ice or serve hot

Pour over Twilight Insight
Maecylium Maple

Add Cream and Whip
Topping

Enjoy while sipping in the
outdoors

DIRECTIONS

RECIPE CARD



MAECYLIUM MATCHA LATTE

• NATURAL CAFFEINE, DIGESTION AID,
METABOLISM STIMULANT, ANTIOXIDANT RICH

Combine Matcha in coffee
filter peculator or coffee
maker.

Steep Water or pour over
120 water

Cool to Room Temp
Add Ice

Pour over Anahata
Maecylium Maple

Add Cream and Whip
Topping

Enjoy while sipping in the
outdoors

- 2 tbsp Matcha Powder
- (I like Laird superfood brand)
- 8 C ph Neutral (prefer Kangen Water)
- 1 tbsp Anahata Maecylium Maple
- 1 tsp-5 Cream, Oatmilk, or coconut Milk
- Whip Cream for top

PREP TIME ... 15 min ...

SHELF LIFE 6 Days Refrigerated

CREATES 10 Fl. Oz

DETAILS

INGREDIENTS

DIRECTIONS

RECIPE CARD



ETHEREAL REISHI BLOOM MOCKTAIL

- BALANCING, BEAUTY, HORMONAL CALMING,
DIGESTION AID, METABOLISM STIMULANT,
ANTIOXIDANT RICH



PREP TIME 15 min

SHELF LIFE 6 Days Refrigerated

CREATES Follow Ratio

DETAILS

- 1/7 Reishi Rose
Maple
- 6/7 Club Soda
- Lovage Sprigs
(Hyssop, Rose Petals or
Herbal in Season
options for variation)
(I also add Kava root to
this for a calming
agent)

INGREDIENTS

Combine Reishi Rose
and Club Soda add ice
and Herbal Sprigs

DIRECTIONS



RECIPE CARD



FLOW STATE MOJITO NA

GUT HEALTH
ANTIOXIDANT POWER
BONE HEALTH
ANTIOXIDANTS

- 1/7 Flow State Maple
- 3/7 ph neutral (preferred kangen water)
- 3/7 Lemon or Lime Juice or La Croix Citrus for bubbles
- Mint crushed
- Blueberries for garnish

Combine all ingredients
serve over ice and look
like an adult while you
feel like a kid

PREP TIME ... 15 min ...

SHELF LIFE 6 Days Refrigerated

CREATES Follow Ratio

DETAILS

INGREDIENTS

DIRECTIONS

RECIPE CARD



TWILIGHT INSIGHT GRAPEFRUIT SPRITZ NA

COGNITIVE ENHANCEMENT
MOOD SUPPORT
IMMUNE BOOST
DIGESTION
ANTI-INFLAMMATORY & ANTIOXIDANT

Combine all ingredients
serve over ice and a
fresh new perspective
on life to follow

PREP TIME ... 15 min ...

SHELF LIFE 6 Days Refrigerated

CREATES Follow Ratio

DETAILS

- 1/7 Twilight Maple
- 3/7 Grapefruit
Sparkling water
- 3/7 Butterfly Pea
and Lavender Tea
- Grapefruit Wedge

INGREDIENTS

DIRECTIONS

RECIPE CARD



CHAI CHAGA

COGNITIVE ENHANCEMENT
MOOD SUPPORT
IMMUNE BOOST
DIGESTION
ANTI-INFLAMMATORY & ANTIOXIDANT

- ground honorably harvested and in season Chaga 1/2 C
- (OPTIONAL) Coffee, black pepper or other medicinal mushrooms be sure they are fully dried,
- cardamom
- ginger
- clove
- vanilla bean or sweet grass
- turmeric
- lemon or orange peel
- cinnamon
- add maple
- a splash of inner fire or Rooted out maecyllum maples

Combine chaga and other dry ingredients in coffee filter peculator or coffee maker.

Steep Water or pour over 120 water

Pour over Inner Fire
Maecyllum Maple
Add Cream and Whip
Topping
enjoyed hot or cold
Enjoy while sipping knowing
you are going to slay this
day!

PREP TIME ... 15 min ...

SHELF LIFE 6 Days Refrigerated

CREATES ... Follow Ratio ...

DETAILS

INGREDIENTS

DIRECTIONS