

# Beet-Reishi-Cacao Elixir

7 ingredients · 5 minutes · 1 serving



## Directions

1. Dissolve 1 packet FOUR SIGMATIC MUSHROOM ELIXIR MIX WITH REISHI into 1 cup boiled water. \*I typically do this in a mug, give it a stir, and set it sit for a minute or two, prior to continuing on with the recipe.
2. Pour the hot beverage into a high-speed blender and add all other ingredients. \*If you don't have a blender with a vented lid, like a Vitamix, you must leave some room for heat to escape via the lid to not create a safety hazard! Blend thoroughly to combine.
3. Pour the mixture into your favourite, cozy mug and sprinkle with additional beet root powder. Enjoy!

## Notes

### FOUR SIGMATIC MUSHROOM ELIXIR MIX WITH REISHI

This product can be found online at [amazon.ca](https://amazon.ca) or [well.ca](https://well.ca) in Canada, or at [foursigmatic.com](https://foursigmatic.com) in the USA, for example (boxes of 20 packets). Or, check out your local health food store to see if they sell the individual packets.

### Organic Beet Root Powder

An example of a Canadian source is ORGANIC MATTERS - <https://www.omfoods.com/products/nutrition-boosters-organic-beet-root-powder>.

### Ceylon Cinnamon

My go-to brand is Simply Organic

### Serving Size

This recipe yields approx. 1.5 cups elixir.

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## Ingredients

**1 sachet** Reishi Powder (elixir packet, see Notes)

**1 tbsp** Raw Cacao Powder

**1** Beet (dried root powder, see Notes)

**2 tbsps** Hemp Seeds

**1 tbsp** Coconut Oil (organic, unrefined)

**1 tsp** Raw Honey (unpasteurized)

**1/4 tsp** Cinnamon (Ceylon variety)