

## Cocoa Cherry Smoothie

- 1 cup almond milk
- 1 scoop of vanilla protein
- 1 tsp *Reishi Cocoa ItsBlume Blend*
- 1 tbsp cocoa powder
- 1/4 cup plain yogurt
- 1/2 cup frozen cherries
- 1 tbsp ground flax

1. Place all ingredients in a blender. Blend until smooth.

## Chocolate Chia Seed Mousse

- 1/4 cup chia seeds
- 1/2 cup water
- 1.5 cups of almond milk
- 1 tsp. *Reishi Cocoa ItsBlume Blend*
- 2 tbsp dark chocolate chopped
- 1 tbsp protein powder (optional)

1. Mix chia seeds with water in a small bowl. Set aside for 5-6 minutes until gelatinous and water is absorbed.
2. Heat almond milk until warm. Add chocolate to the milk + gently stir until all chocolate is melted.
3. In a small container add all ingredients and mix until combined.
4. Set aside in the fridge for 3+ hours.  
Enjoy!

## Superfood Faux Coffee

- 1 tsp. *Reishi Cocoa ItsBlume Blend*
- 1 tsp. maca powder
- 1 tsp. cocoa powder
- 1 cup chaga tea
- 1/2 Tbsp coconut oil
- 1 tbsp. collagen powder
- 1-2 tsp honey or other sweetener (optional)
- 1/2 - 1 tsp trace minerals
- cinnamon (to garnish)
- 1/2 cup oatmilk (or coconut milk)

1. Mix everything in a small sauce pan on medium heat until desired temperature is reached.
2. Pour into your favorite mug + top with cinnamon.
3. Curl up in your comfy's and read your favorite book!

Did you know? Reishi is an adaptogen that packs a punch. This mushroom superfood has anti-inflammatory properties, is a powerful antioxidant, improves anxiety and depression as well as improves sleep!

