

Mark's Kitchen

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Lion's Mane Latte

Ready in: 10 minutes

Serves: 1

While visiting China, I discovered folks there knew more about food's medicinal properties than I did - even after many years of research. Medicinal foods are a part of their everyday diet and mushrooms play a huge role within Chinese medicine. Reishi, lion's mane, chaga and cordyceps contain powerful healing properties that boost your immune system and support healthy hormone production. Mushrooms are anti-viral and anti-inflammatory to support healthy liver function, optimized cholesterol levels and contain anti-cancer benefits. One of my favorite ways to have mushrooms is in a [Four Sigmatic](#) mushroom latte, and today, I get to share the recipe with you! This latte features lion's mane mushrooms, which are known as cognitive enhancers and have been shown to support memory and concentration. This is great way to get that mid-day mental boost without a cup of coffee.

Ingredients:

- 1 cup filtered water
- 2 tablespoons unsweetened nut or seed milk of choice
- 1 packet of [Four Sigmatic Lion's Mane Elixir](#)
- 1 teaspoon MCT oil

Step 1: Add all of the ingredients into a medium saucepan and warm over low heat for about 10 minutes or until warmed through, stirring occasionally.

Step 2: (optional) If you prefer a frothy latte, then place the warmed beverage into a blender and blend on high for 30 seconds.

Step 3: Pour into your favorite mug and enjoy!

Nutritional analysis per serving: calories 41, fat 4 g, protein 0 g, carbohydrate 0 g, sodium 20 mg