

# Food Therapy

NEWSTALK

**610**  
C K T B

Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## Mushroom Cappuccino

2 tablespoons (30 mL) grass-fed butter  
1 onion, quartered  
1 garlic clove, sliced  
3 to 4 cups mushrooms, chopped  
4 cups (1,000 mL) homemade bone broth  
sea salt and freshly ground white pepper

### Ginger Cream

½ cup (125 mL) nut cream (almond works best)  
1 1/2-inch piece of fresh ginger, peeled and chopped

In a large saucepan, melt the butter. Add the onion and garlic, season with salt and pepper and cook over moderately low heat, stirring occasionally, until softened, 4 to 5 minutes. Add the mushrooms and cook, stirring frequently, until softened, about 4 minutes. Add the broh and bring to a simmer but don't boil; simmer about 10 minutes.

Working in batches, puree the soup in a blender until it's silky-smooth. When blending hot liquids, start the blender on very low and gradually turn up the speed. This will avoid exploding hot liquids. Return to the saucepan and season again.

Enjoy a cup of this nutritious, delicious drink every morning or have as a soup.

Add the nut cream and ginger together in a blender and blend on high speed until ginger is liquified. Add a little bit of the mushroom cappuccino if you need more liquid. Blend about 2 to 3 full minutes or until the ginger is completely blended into the liquid. Serve hot or cold with a dollop of ginger cream.

Makes 4 cups, easily doubles.



Recipe courtesy of Food Writer, Cookbook Author and Nutritionist, Lynn Ogryzlo

Email Lynn with questions or comments at [FOOD101program@gmail.com](mailto:FOOD101program@gmail.com)

**What You Eat Matters!**