

# Food Therapy



Host, Lynn Ogryzlo

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

## Butter Chagaccino

1 cup of hot brewed coffee  
½ cup (more or less) unsweetened nut milk of your choice  
1 heaping tsp of grass-fed butter  
1 tsp chaga mushroom powder  
½ tsp pure vanilla extract  
sweetener of choice, coconut palm sugar, erythritol or stevia  
topping of cinnamon, unsweetened cocoa powder

Pour hot coffee, nut milk and butter in a saucepan over medium heat until steaming and small bubbles form around the side and butter is melted. Using a milk frother or whisk, add chaga mushroom powder, vanilla and sweetener. Continue to whisk vigorously until frothy. Pour into a mug and sprinkle with topping of choice. Enjoy.

### Note:

The best time to enjoy a buttery chagaccino is in the morning or afternoon because of its beautiful energy boost. If you want to enjoy a hot mushroom drink in the evening, try this same recipe with calming reishi mushrooms instead. Reishi is the relaxing sister mushroom to chaga that helps soothe away stress.



Recipe courtesy of food writer, Lynn Ogryzlo  
Photograph courtesy of [www.foodbymars.com](http://www.foodbymars.com)  
Episode #63: Medicinal Mushrooms

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

**Because What You Put In Your Body Matters!**