

7 Mushroom Recipes

& The Science In Your Cup

FREE — POSSIBLE MUSHROOM

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Possible Mushroom · Lead magnet (email capture)

Intro: Every mushroom in our blend earned its place with research, not marketing. Here are seven ways to enjoy them — plus the one-line science of what each is actually being studied for. No hype, no hedge.

1. The Honest Pour (our daily driver)

1 tbsp mushroom coffee blend · 8 oz water at 200°F · French press, 4 minutes.

Lion's mane + reishi + turkey tail in every sip. *The science: lion's mane is the most-studied cognitive mushroom; reishi's traditional use is stress and rest; turkey tail has the deepest human research file in the category.*

2. Cold Brew, No Crash

2 tbsp blend · 12 oz cold water · 16 hours in the fridge · strain. Half the acidity, smooth all morning. *Why it works: cold extraction pulls less of the bitter oils — the mushrooms' polysaccharides don't need heat to come along.*

3. Golden Mushroom Latte

1 tbsp blend + 6 oz hot water + 4 oz oat milk + 1/4 tsp cinnamon + 1/2 tsp honey. *The science: reishi has been studied for sleep quality and fatigue — an evening-friendly cup when you go half-caffeine.*

4. The Focus Mocha

1 tbsp blend + 1 tsp cacao + 6 oz hot water + splash of milk. *The science: cacao's theobromine pairs with lion's mane's slower cognitive-support profile — calm focus, no spike.*

5. Chaga Maple Steamer

1 tsp chaga extract powder + 8 oz hot milk of choice + 1 tsp maple. *The science: chaga's in-vitro antioxidant chemistry is real; its human outcome record is still emerging — enjoy it as a tea tradition, not a treatment.*

6. Turkey Tail Broth Sipper

1 tsp turkey tail extract + 8 oz hot vegetable broth + pinch of thyme. *The science: PSK from turkey tail has decades of human research in Japan — as an adjunct under clinical care, never a DIY treatment.*

7. King Trumpet "Scallop" Pan-Sear (eat your mushrooms)

Slice king trumpet stems into 1" rounds · sear 2 min/side in butter + garlic
· finish with salt. Tastes like buttery scallops. *The science: king trumpet is the heartiest cultivated mushroom — food-first, exactly the way we think supplements should be judged.*

****The label questions that matter**** (ask any brand, including us):

1. Fruiting body or mycelium on grain?
2. What's the extraction ratio?
3. How many milligrams of each mushroom?
4. Is any of it a "proprietary blend"?

If a brand won't answer all four, they've answered for you.

Not medical advice. Evidence levels and full research breakdowns live at possiblemushroom.com/research.html — and in The Evidence Vault.

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