

Creamy Myco-Pumpkin Chai Tea

With its warm aromas of cardamom, ginger, cinnamon, and clove... chai tea is the perfect pair for the rich, earthiness of **CanPrev's Myco10 Immunomodulating Mushroom Complex**.

Add in some creamy coconut and pumpkin, and you've got yourself a delicious immune-supporting elixir full of antioxidants perfect for the chilly weather season.

Try this in place of your morning coffee or afternoon tea for a caffeine-free pick-me-up!



Preparation time: 5 mins | Servings: 2



Ingredients

- 1½ cup chai rooibos tea, brewed strong
- ½ cup puréed pumpkin
- ¼ cup unsweetened coconut milk
- ½ tbsp coconut butter, or coconut manna
- 1 tbsp raw honey
- Sprinkle of cinnamon to taste
- 2 scoops Myco10 Powder
- Optional: Add 2 scoops of L-Lysine for extra immune support

Method

1. Add hot tea to blender, followed by other ingredients, at room temperature.
2. Blend on medium speed for ~ 30 seconds, until frothy.
3. Optional: add L-Lysine powder and blend for another 10 seconds.
4. Pour into 2 mugs, add a dash of extra cinnamon on top - and enjoy with a friend!

Featured Products



Developed by: Krista Goncalves



As a Certified Holistic Nutritionist and Certified Fitness Trainer, Krista is a strong believer in the power of real food along with high-quality supplements to live a healthy lifestyle.

