

## Brain Smart Chocolate Brownie Recipe

### Lions Mane Chocolate Brownies

- ¾ cup cashew butter (or any other nut butter, cashew is more neutral and is full healthy brain fat)
- ¼ cup dark maple syrup (the darker the better)
- ½ cup cacao butter (super food fat)
- ½ cup cacao paste (loaded with antioxidants - more than blueberries)
- 1 tsp lions mane mushroom extract powder (super food - brain nerve repair)
- 1 tbsp superfood powders - beet, mesquite, maca etc.
- Pinch of mineral salt
- ¼ cup hot water or tea (mushroom tea or herbal tea) - all herb teas are anti-inflammatory.
- Any desired spices or flavors from essential oils

#### Method:

- Double boil all ingredients (except hot water/tea), until all is melted, then blend together only for a moment on low, adding hot water/tea until just mixed. (If oil separates, slowly add just enough hot water/tea while stirring to help recombine the ingredients)
- Pour into a tray or pan and chill until firm. Once set, cut into desired size.
- Top with melted chocolate, dried fresh fruit, roasted or candied nuts, rose petals etc.

\*\*The Light Cellar in Bowness is a great place to shop for these ingredients as well as Community Natural Foods or any health food store.