



## BLUE TOAD SEASONING

Let's create a delicious and healthy mushroom seasoning for your home-cooked dishes!

### INGREDIENTS

- 3oz. of Blue Toad Lion's Mane & Chaga Blend
- 1 tsp Redmond Ancient Sea Salt (54 ancient minerals)

### INSTRUCTIONS

1. Place the Lion's Mane & Chaga Blend into a high-speed blender.
2. Add your ancient salt.
3. Blend for 10-20 seconds, or until you get a consistent powder/salt blend. The powder is very light, so please wait a few seconds before removing the lid from your blender.
4. Transfer to a container (preferably stainless steel and airtight) and always keep at room temperature. The Lion's Mane & Chaga seasoning will stay fresh for at least 6+ months!.
5. Use in all of your favorite soups, meat sauces, dressings, etc!