

Chaga



Chaga looks like large black blemishes that protrude from birch trees. It's a type of mushroom that grows on birch trees but doesn't look like a mushroom at all.

What does chaga do for the body?

Chaga is believed to have **potent antioxidant and anti-inflammatory properties**, making it a potential alternative remedy for things like arthritis and high blood pressure. It may also help lower blood sugar and even slow the progression of cancer cells. Chaga may also help: Ease inflammation.

Chaga Tea

INGREDIENTS

Large Batch Stove Top Method

- 3-4 individual chunks Dried Chaga
- 4 cups Water

Small Batch Steep Method

- 2 -3 teaspoon Dried Ground Chaga
- 1 cup Water

Optional

- 1 teaspoon Honey

INSTRUCTIONS

1. Select 4 to 5 individual chaga chunks to add to a pot filled with 4 cups (1 litre) of water.
2. (Optional): If making a small batch of tea use 3 - 4 teaspoon of ground chaga powder in a tea ball or steeper, in an individual mug or in a tea pot.
3. Slowly bring the pot to a simmer, and simmer the tea for a minimum of 15 minutes. If brewing large batches of tea, simmer the pot for 2 to 3 hours.
4. Strain the chaga chunks from the tea, and serve the tea hot immediately. It may be sweetened with honey, maple syrup. Even milk can be added to the chaga tea to substitute your morning coffee.
5. Refrigerate any leftover tea and use within 7 days. The tea may be consumed cold (iced) or re-heated.