



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Medicinal Mushroom Sauté

2 Tbsp Ghee

1 lb Mixed Mushrooms, White, Cremini, shitake, maitake, or other available in your store. Use a variety. Wash and slice.

2 Tbsp Fresh Thyme or 1 tsp Dried Thyme

¼ Teaspoon Himalayan Salt

¼ Teaspoon Ground Pepper

Heat a skillet over high heat and add the Ghee and heat until it is completely melted. Add the mushrooms. Sauté on a low heat for approx. 15 min allowing mushrooms to turn golden. Add more Ghee as needed if they become dry but allow moisture to cook out. Add fresh or dry time at end of cooking. Serve hot.

Serves 2, approx. ¾ cup each.

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