

Reishi Maple Truffles

BY ASIA SULER



1 CUP DRIED CHOPPED
REISHI (1/4 CUP IF
USING POWDER)



1/3 CUP MAPLE SYRUP
(OR TO TASTE)



3 CUPS WATER



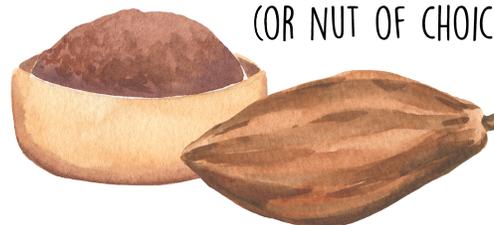
1 CUP PECANS, GROUND
(OR NUT OF CHOICE)



1/3 CUP CACAO BUTTER
(MELTED) – YOU CAN
ALSO SUBSTITUTE
COCONUT OIL



1/2 CUP COCONUT
FLAKES



1/2 CUP CACAO
POWDER

*Rich and fudgy truffles made with decadent reishi
syrup for a truly magical, and medicinal, treat.*

SHELF LIFE: Store in the fridge to maintain shape. Keeps in the
fridge for up to week (or freezer for 3 months)

YIELD: 20 heaping teaspoon-sized truffles



HERBS
with ROSALEE



DIRECTIONS:

1. The medicinal constituents of reishi are most soluble in water. To capture the medicine of these mushrooms, this recipe involves the finesse of creating a truly delicious bitter syrup. To start, combine your dried reishi and water in a medium saucepan. Bring to a boil and cover. Simmer until the water content is reduced to $\frac{1}{3}$ cup (the water line will be just covering the reishi; you can press the decocted reishi through a cheesecloth or potato masher to get out every last drop of goodness. Save the spent reishi in the fridge and add to your next tea for a gentle taste of mushroom).
2. Pour your concentrated reishi decoction back into your empty saucepan and combine with maple syrup. Gently heat (uncovered) until you have reduced your syrup in half.
3. Pour your reduced reishi syrup into a separate bowl. Taste to determine strength (ideally you would have a perfect balance between reishi's bitter medicine and the mellow sweetness of the maple). Reserve a spoonful of syrup to drizzle over the finished truffles if you so desire.
4. Melt cacao butter over low heat and then combine with your reishi syrup to make a small pot of pure manna.
5. In a separate bowl, combine ground pecans (or nuts of choice), coconut flakes, and cacao powder until well mixed.
6. Slowly pour the liquid cacao butter and reishi syrup into your combined dry mixture. Stir well. If it still feels runny, add an extra dash of coconut flakes or nuts. It should be a warm, supple consistency.
7. Put your finished mixture in the fridge for at least an hour. Remove when it is solid enough to roll into teaspoon-sized balls. Finish your truffles with a variety of creative toppings. Try toasted sesame seeds, candied ginger and cayenne, or ground pistachios and sea salt. Drizzle with your reserved reishi syrup and serve on any rainy day.

Asia Suler



Asia Suler is a writer, teacher, herbalist, and earth intuitive who lives in the folds of the Blue Ridge Mountains. She is the founder of One Willow Apothecaries, an Appalachian-grown company that offers handcrafted herbal medicines and educational experiences in herbalism, animism, ancestral healing, and earth-centered personal growth. Asia has guided over 20,000 students in 70+ countries through her immersive online programs. With her writings and teachings, Asia helps people embrace their own unique medicine through a joyful engagement with the natural world. Asia's first book, *Mirrors in the Earth: Reflections on Self-Healing from the Living World* is available now.

You can find more from Asia at her website: [OneWillowApothecaries.com](https://onewillowapothecaries.com).

You can also find Asia on [Instagram](#), [Facebook](#), and [YouTube](#).

