

Serves
3-4



WILD MUSHROOM SOUP

Medicinal mushrooms have been shown to boost the immune system, ward off viruses and bacteria and combat allergies. Species that have demonstrated phenomenal healing potential include maitake, shitake, reishi, coriolus and agaricus blazei.

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| 1 l warm water | 1 spring onion, finely sliced |
| 2 T barley or brown rice miso | ¼ C parsley, roughly chopped |
| 1 t medicinal mushrooms | 1 C mixed wild mushrooms |
| ¼ onion | 1 handful fresh king oyster mushrooms |
| 1 T olive oil | 1 handful dried shitakes or tree oyster mushrooms |
| 1 clove garlic | 1 handful dried boletes mushrooms |
| ¼ C macadamia nuts | ½ t Himalayan rock salt |
| 2 T pinenuts | ½ t black pepper |

Blend the water, miso, medicinal mushrooms, onion, olive oil, salt, pinenuts and macadamia nuts. Add the spring onions and parsley and stir through. Add strips of wild mushrooms and stir again.