



THE MUSHROOM CAVE | AMANITA MUSCARIA TEA RECIPE

Supplies

Stove
Small cooking pot
Strainer
4-6 small freezer-safe containers (~1/4 cup capacity)

Ingredients

15 grams of dried Amanita muscaria mushroom caps
1 cup of water (plus a little extra)
Lemon juice (optional)

Instructions

1. Place water and caps in a pot on the stove.
2. Bring water to a boil, then turn down to a simmer, brewing for 20 minutes.
 - Add water as needed to maintain a water level of approximately 1 cup.
3. Strain caps and return them to the earth.
4. Divide the tea into 4 (or more) containers, freezing the ones that you are not going to use within the next week.

Dosage Notes

- If dividing into 4 containers, each container will contain 1/4 cup of tea which is equivalent to 4 tablespoons.
- Each tablespoon will contain the compounds from approximately 0.9 grams of Amanita muscaria. This will likely be too high of a dose to start with.
- Consider starting with 1/2 tablespoon and increasing as needed to find your dose.

Protocols, Troubleshooting and More

Visit TheCavewomanWay.com/Amanita and download our full Amanita Muscaria Microdosing Guide.

Sourcing Microdosing Medicines

You can order Amanita muscaria Tea Kits as well as concentrated Extracts from The Mushroom Cave Micro Apothecary @ www.TheCavewomanWay.com/Apothecary

Disclaimer

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