CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Chai Tea

Recovery, Focus & Strength Support

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What This Supports: Recovery • Strength Support • Mental Focus • Low-Prep Fuel

Why It Works: This chai-style tea combines functional mushrooms, adaptogens, and protein with healthy fats to support calm focus, training recovery, and satiety—especially useful on busy days.

Ingredients:
• 6 cups cashew milk
• 3 tbsp chaga tea
• 2 tbsp each: coriander seeds, cardamom seeds, peppercorns, whole cloves
• 2 cinnamon sticks (broken into chunks)
• 1/4 cup MCT oil
• 1/4 cup goat butter
• 1/4 cup cacao butter
• 6 scoops collagen protein powder
• 1 dose lion's mane
• 1 dose ashwagandha

Note: Talk to your health food store professional to confirm the right dose.

Directions:
1. Place milk, chaga, and spices in a pot and heat on very low for 30 minutes to 3 hours.
2. Strain out tea and spices and return liquid to heat.
3. Add oil and butters and heat until just melted.
4. Transfer to blender and add powders. Blend 30 seconds.
5. Top with turmeric powder, cumin, and cayenne (optional).

Key Nutritional Benefits:
• **Strength support:** Collagen protein supports connective tissue and adds protein to the drink.
• **Focus:** Lion's mane is commonly used to support cognitive function and mental clarity.
• **Stress & recovery:** Ashwagandha is widely used to support stress response and recovery routines.
• **Satiety:** MCT + butter-based fats can help keep you full between meals.

Best Use:
• Morning focus + steady energy
• Post-training recovery beverage (pair with a balanced meal later)
• Afternoon alternative to sugary lattes

Quick Notes:

- High-fat recipe: reduce MCT/butters if you prefer a lighter drink
- Adaptogens/mushrooms vary by person—start low and adjust
- Not medical advice; consult your clinician if pregnant, nursing, or on medication