



# DIY ADAPTOGENIC HERBAL COFFEE

*Posted on October 24, 2022 by Amanda Clouse*

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Have you tried mushroom coffee yet? If you imagine a cup of hot coffee finished with a floating fungi specimen on top, no worries... today is a day of enlightenment!

One of the most recent super-food trends is people putting adaptogenic mushrooms and herbs in coffee. And some are even replacing their morning coffee ritual altogether with a concentrated blend of mushrooms, chocolate, and other spices- usually purchased pre-mixed for a hefty price. But mushroom coffee can easily be made at home where you have total control over the ingredients, which... always seems to be for the better.

There is no one-size-fits-all in the world of DIY mushroom coffee. Instead, mushroom coffee drinks seem to exist on a bit of a spectrum. But the tie that binds them is the interchangeable medley of adaptogenic plants and spices.

## What are Adaptogens?

The body handles all stress in the same way, whether physical, environmental, or emotional. This is because your body and mind work in sync with one another, and any stress can set off a string of hormonal and physiological changes that undermines your health.

Adaptogens are a subset of herbs that can help your body adapt to and regulate these changes, supporting metabolic processes and restoring balance. They can also increase the body's resistance to future stressors. Adaptogenic herbs can help balance out almost any part of the body and even prove to have anti-aging effects, which may sound too good to be true. But these herbs have been used for thousands of years by Traditional Chinese Medicine (TCM) and Ayurvedic traditions worldwide. And only recently has science begun to corroborate what practitioners of old have known for so long.

Some of the most highly studied adaptogenic herbs are mushrooms like Chaga, Turkey Tail, Lion's mane, Cordyceps, and Reishi.

☐ Try these potent mushrooms, all found in the [Mushroom Fortress](#)

Others are plant leaves, roots and barks like these:

- Ashwagandha
- Holy Basil
- Maca
- Turmeric
- Licorice
- Rhodiola
- Ginseng
- Schisandra Berry

## ▣ [Edible Plants That Grow in Your State](#) (Video)

And if you're wondering if you actually replace your coffee with these herbs or add them to your coffee, the answer is both.

## Adaptogens vs Caffeine

Adaptogens and caffeine give the body energy in very different ways. Caffeine works by stimulating the central nervous system. It works fast, which is why so many people use it, but it does have unwanted side effects. Caffeine can also activate cortisol, which is a "stress hormone." The impact of this can be felt when you've had too many cups of coffee and become jittery.

Adding adaptogens to caffeinated beverages may help control the adverse side effects of caffeine. Adaptogens are balancing. They can help regulate the pituitary gland, hypothalamic and adrenal glands, which govern the body's stress responses. At the same time, adaptogens have stimulant properties of their own (though less destructive,) which is why so many swear by them. The energy produced by adaptogens is much longer lasting than the energy produced by caffeine. Energy from adaptogens like medicinal mushrooms can extend throughout the entire body, especially the brain, allowing you to remain focused and energized for more extended periods than purely caffeinated drinks like coffee. They essentially give your body whatever it needs. If you need a pick-me-up, adaptogens will answer the call. If you need to calm down and collect yourself, adaptogens got you, which is why they are so rad.

To caffeinate or not to caffeinate (that is the question).

Whether or not you want a caffeinated wake-up call or desire the iconic coffee flavor is the real question because both caffeine and adaptogens can be effective means of gaining energy. Some mushroom coffee blends have actual coffee in them, and others are more like a cappuccino, hot chocolate, or a latte. Chocolate and many teas also contain caffeine, though usually not as much as coffee. Making your own mushroom coffee blend means you can add coffee or other sources of caffeine or make it a caffeine-free mushroom coffee alternative.

You can choose additional spices and adaptogens or make it super simple. It's entirely up to you.

The following recipe is an adaptogenic blend that can be added to a cup of coffee or made on its own with a cup of hot water, milk, or tea. Feel free to adjust the spices to your liking. Play around with it and find the combination that you like best.

## Adaptogenic Coffee

## You will need:

- 1 tsp. of medicinal mushroom mix (I used a blend of Turkey Tail, Reishi, Chaga, Cordyceps, Shiitake, Maitake, and Lion's mane)
- ¼ tsp. ashwagandha powder (or extract)
- ¼ tsp. maca powder
- ½ tsp. raw cocoa powder
- 1/8 tsp. of turmeric powder
- ¼ teaspoon of licorice root (or extract)
- a tea ball (for the licorice, optional)
- 6 oz. of organic fair trade coffee
- 10 fl.oz. of scalding hot water or milk
- honey or other sweeteners to taste (optional)
- coffee cup

## Instructions

1. Add all the dry ingredients to the cup beside the licorice (if using dried).
2. Add the licorice root to the tea ball and place it in the cup along with the other ingredients.
3. Add the coffee (if desired) and water to the dry ingredients and let sit for 3-5 minutes before finishing it off with your favorite sweetener.

Feel free to adjust the spices to your liking. Play around with it and find the combination that you like best.

### You may also like:

[Better Than Espresso: Chaga Mushroom Coffee](#)

[The Only 6 Medicinal Mushrooms You Need To Know](#) (Video)

[Homemade Adaptogenic Bars With Ashwagandha](#)

[Best Herbs and Foods to Fight Adrenal Fatigue](#)

[Homemade Lion's Mane Tincture for Brain Fog](#)

## Comments



**Ava I** - 2022-11-08 16:40:30

What is ashwagandha and where do you get it?



**Amanda C.** - 2022-10-31 09:16:32

Hi Fiona. Yes! Mushrooms aren't impacted by heat in the same way that herbs are. In fact, heat can increase the bioavailability of the beneficial components of mushrooms. Stew away!!



**April Williams** - 2022-10-27 01:53:22

Since I have been drinking Chaga with chicory root, a teaspoon of Manuka honey and a splash of 1/2 and 1/2, I no longer crave coffee or even like it anymore.



**Fiona** - 2022-10-26 23:44:28

I was just wondering, if I add it to hot soups etc, will I still get the same impact? Heat doesn't alter the power of the mushrooms?



**The Lost Herbs** - 2022-10-26 07:31:05

Hello Ed, Instead of using powdered mushrooms in your coffee, you can add them to soups, sauces, stews, or sprinkled over food. Many blessings and good health!



**The Lost Herbs** - 2022-10-26 07:25:31

Hello Donna, We are glad to hear you already reap the amazing benefits of adaptogens. Many blessings and good health!



**The Lost Herbs** - 2022-10-26 07:23:32

Hello Dan, Thank you for sharing this! Adding Tulsi to the blend is a great idea. Many blessings and good health!



**The Lost Herbs** - 2022-10-26 07:17:28

Hello J, Thank you for your interest in our article. Ground coffee was used for making this blend. You can also make a caffeine-free mushroom coffee if you like. Many blessings and good health!



**Andrea** - 2022-10-25 23:58:25

Hi Cyndi, I've been putting mushrooms in my coffee for years. Okay had heart palpitations daily for years and about 6 months into drinking mushrooms in my coffee they were gone. I don't taste the mushrooms in my coffee at all if anything it tastes more roasted. I use the powder Thrive6 blend from FreshCap. Its marvelous!



**Ed A.** - 2022-10-25 23:10:28

It took me years to develop a taste for coffee. Living in the South I got a lot of stares and comments because I drank hot tea. Now you want me to drink hot mushrooms. No thanks. Put the mushrooms in my soup or sautéed with my steak thank you.



**Donna** - 2022-10-25 10:32:15

Heavenly! WOW! Love my plain coffee & Love my adaptogen drinks! Good combination. Thank you!



**Cyndi** - 2022-10-24 22:43:28

I agree with you. I'm not a fan of messing up a good cup of coffee for the sake of other options. And while I'm a fan of mushrooms, I have to admit this doesn't sound like it's going to taste good. I'd like to know of anyone who drinks it. And wow, I don't have all those powdered shrooms on hand. ☹☹☹



**Dan G** - 2022-10-24 20:51:41

Adaptogens are wonderful and I would add Tulsi ( Holy Basil or Occimum sanctum ) to the list.



**chonani** - 2022-10-24 11:56:26  
Agree



**karyn** - 2022-10-24 11:43:10  
i think they mean 6oz of brewed coffee



**Eileen** - 2022-10-24 11:29:53  
I say, drink your coffee happily, add all these other ingredients to a smoothie. No need to adulterate a lovely cup of coffee when you can still get these other goodies in another form.



**J** - 2022-10-24 11:14:59  
I want to try this but I'm a bit confused. Is the coffee uses bean, ground or instant? Don't these ingredients leave a 'sludge' in the cup? Do you take it all in?