

Gano Excel – Ganoderma Lucidum with Coffee Selected Recipes

Carmen's Ice Schokolade™

Serves 2

Ingredients:

- 2 pkts. Gano Schokolade™
- 1 tsp. rum extract
- 2 scoops vanilla ice cream
- Whipped Cream



Directions:

1. Dissolve Gano Schokolade™ in 8 oz. hot water. Allow to cool.
2. Put in blender with ice cream and rum extract and blend for a few seconds until well mixed.
3. Fill an 8 oz. glass with ice and pour mixture in glass. Top with whipped cream. Drink with straw and enjoy.

Café Kalan's Cappuccino Bon Bons

Ingredients:

- 1 pkg. brownie mix (13x9 in)
- 2 eggs
- 1/3 cup water
- 1/3 cup oil
- 1 1/2 tbsp. Gano Classic™ coffee
- 1 tsp. cinnamon



Directions:

1. Blend all ingredients.
2. Fill mini-muffin cups 1/2 full.
3. Bake at 350° F for 12-15 minutes.

Zak's Chocolate-Cherry-Banana Pick Me Up Shake

Serves 2

Ingredients:

- 3 small frozen bananas (peel before you freeze)
- 2 cups frozen dark sweet cherries
- 2 cups chocolate soy milk
- 1 pkg. Gano 3-in-1™ Coffee



Directions:

1. Place all ingredients in a blender.
2. Blend on puree or high speed until smooth, about 30 seconds.
3. Pour into glasses and serve.

Carmen's Marble Cake

Ingredients:

- 3 pkts. Gano Classic™
- Coffee mix
- 1 pkt. Super moist yellow cake mix (18 oz.)
- 3 tbs. hot water



Directions:

1. Follow package directions on cake mix box and pour 3/4 of mixture in round cake pan.
2. Mix coffee with hot water and add to the rest of the mixture.
3. Pour on top of the yellow cake mix.
4. Bake according to cake mix package directions. Enjoy your marble cake with your favorite coffee.

Gano Puppy Chow - Gourmet Treat with Ganoderma Lucidum

Ingredients:

- 8 cups dry Crispex cereal
- 3-4 sachets of GanoC'Real with Spirulina
- 1 cup butter
- 1 cup peanut butter
- 1 cup chocolate or vanilla chips
- 1 sachet of 3 in 1 or Mocha.



Directions:

1. Place dry Crispex cereal into a large bowl.
2. Pour in GanoC'Real and stir well.
3. Melt butter, peanut butter, chocolate or vanilla chips and dissolve your choice of a 3 in 1 or Mocha sachet. Drizzle melted ingredients over dry ingredients and mix well. Spoon everything into 3 cups of powdered sugar in a brown paper bag and toss until well coated. Spread into a cookie sheet to set up before storing and watch it disappear!!! Optional - coconut, pecans or peanuts. Holiday version - colorful candies (yes, the kind that don't melt in your hand).

Allyson's Irresistible Mocha Cheesecake

Ingredients:

- 2 (8 oz.) pkgs. cream cheese, softened
- 1/2 cup sugar
- 1/2 tsp. vanilla
- 2 packets Gano Mocha™ coffee mix
- 2 eggs
- 1 graham cracker crust



Directions:

1. Mix cream cheese, sugar, vanilla and mocha at medium speed until well blended. Add eggs, mix until blended.
2. Pour into crust. Bake at 350° F for 40 minutes or until center is almost set. Cook and refrigerate 3 hours. (Place pan filled with 1 inch of water on bottom shelf while cooking to keep cheesecake moist.)

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