

Gano Excel – Ganoderma Lucidum with Coffee

Selected Drink Recipes

Gano Cafe Dirty Banana Frappe

One 16 Ounce Serving

Ingredients:

- 1 cup 2% Milk
- 4 tsp Sugar (or substitute)
- 1 Gano Excel Classic Coffee
- 2 cups Ice
- 1 Banana



Directions:

1. Add all ingredients into blender
2. Blend on high speed for 1 minute or until desired consistency

OPTIONS:

Add chocolate syrup for an additional flavorful "wow"
Add protein powder for extra nutritional kick

Gano Cafe Mocha Frappe

One 16 Ounce Serving

Ingredients:

- 1 cup 2% Milk
- 4 tsp Sugar (or substitute)
- 1 Gano Excel Mocha Coffee
- 2 cups Ice



Directions:

1. Add all ingredients into blender
2. Blend on high speed for 1 minute or until desired consistency

OPTIONS:

Add a packet of Gano Excel Classic Coffee for richer flavor
Add protein powder for extra nutritional value

Sparkling Coffee Soda

One 16 Ounce Serving

Ingredients:

- 1 cup Sparkling Water
- 4 tsp Sugar (or substitute)
- 1 Gano Excel Classic Coffee
- 2 cups Ice



Directions:

1. Pour Gano Excel Classic packet and sugar into a tall glass
2. Add a little bit of sparkling water and stir to dissolve coffee
3. Add ice to your glass, then add the remaining sparkling water, leaving room for the drink to fizz.

Gano Cafe Classic Iced Coffee

One 16 Ounce Serving

Ingredients:

- 1 cup 2% Milk
- 4 tsp Sugar (or substitute)
- 1 Gano Excel Classic Coffee
- 2 cups Ice



Directions:

1. Pour Gano Excel Classic packet and sugar into a tall glass
2. Add a little bit of milk and stir to dissolve coffee
3. Add ice to your glass, then add the remaining milk

OPTIONS:

Shake this in a martini shaker for a frothy effect ... yummy
Instead of 2% milk, you can use water plus 2 T of 'half & half'

Contact Roger at 406-542-3480

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