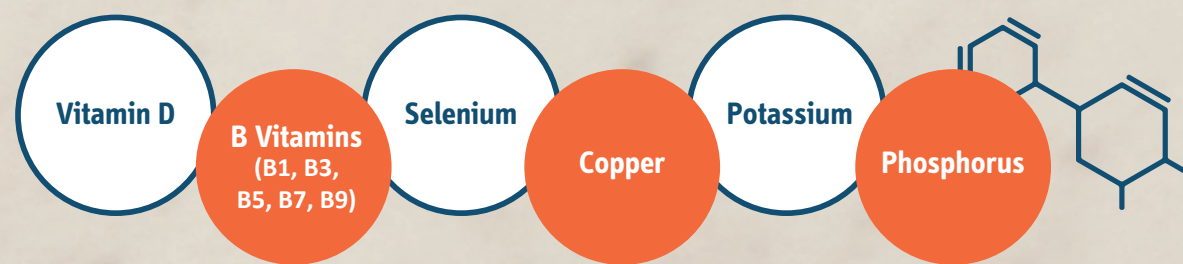


Mushrooms = X-FACTOR INGREDIENT

Unique umami TASTE & TEXTURE

- ✓ Contributes moisture = improved mouth-feel and sensory appeal¹
- ✓ Enhances flavour¹
- ✓ Reduces salt²
 - Umami sensitises tastebuds to salt, meaning you can use less salt but still maintain flavour¹
 - Research shows you can reduce salt by 25% but still maintain flavour²

Unique package of NUTRIENTS & BIOACTIVES



- ✓ 3 unique bioactives (ergothioneine, ergosterol, chitin)³⁻⁵
- ✓ Natural and non-animal source of Vitamin D⁶ Based on 100g

Mushrooms produce VITAMIN D ON SUNLIGHT EXPOSURE

100g of mushrooms provides 20% of daily vitamin D needs.⁶ But placing 100g of mushrooms in the sun for about 15 minutes can provide over 100% of daily vitamin D needs.⁷



DIETARY USES:

- ✓ Flexitarian
- ✓ Low-fat
- ✓ Keto
- ✓ Nut-free
- ✓ Gluten-free
- ✓ Low-salt
- ✓ Kosher
- ✓ Plant-based
- ✓ Halal
- ✓ Low-sugar
- ✓ Low-carb
- ✓ Vegan
- ✓ Vegetarian

WHICH MUSHROOM IS BEST when cooking?

Perfect for...	AGARICUS BISPORUS FAMILY						SPECIALITY						
	WHITE BUTTON	WHITE CUP	WHITE FLAT	SWISS BROWN	PORTOBELLO	ENOKI (Flammulina velutipes)	KING TRUMPET (Pleurotus eryngii)	LION'S MANE (Hericium erinaceus)	MAITAKE (Grifola frondosa)	MOREL (Morchella esculenta)	OYSTER (Pleurotus ostreatus)	SHIITAKE (Lentinula edodes)	SHIMEJI (Lyphylium or Pleurotus species)
BBQ		✓	✓	✓	✓		✓						
BURGER	✓	✓	✓	✓	✓		✓		✓		✓		
CRUMB & FRY	✓	✓					✓				✓		
FLASH FRY						✓		✓			✓		
GRILL		✓	✓	✓	✓		✓	✓	✓				
PASTA	✓	✓		✓			✓				✓	✓	✓
PICKLED	✓	✓		✓			✓		✓		✓	✓	
PIZZA	✓	✓	✓	✓	✓		✓				✓		
RAW	✓	✓	✓	✓									
RISOTTO	✓	✓		✓			✓				✓	✓	✓
ROAST	✓	✓	✓	✓	✓		✓	✓	✓		✓	✓	
SALAD	✓	✓		✓			✓						
SAUCE	✓	✓	✓	✓	✓					✓			
SAUTE	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
SEAR	✓	✓	✓	✓	✓		✓	✓	✓		✓	✓	
SLOW COOK	✓	✓	✓	✓	✓	✓							
SOUP	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓
STIR-FRY	✓	✓	✓	✓	✓	✓	✓		✓		✓	✓	✓
STUFFED	✓	✓	✓	✓	✓								

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SCAN FOR MORE INFO

