



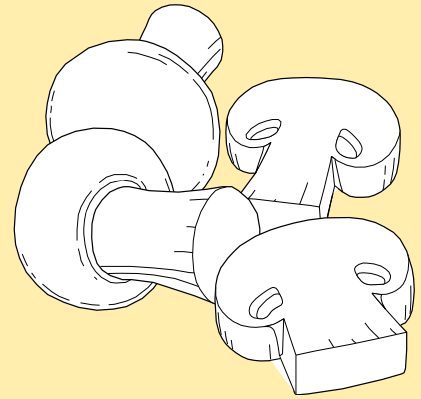
SA MUSHROOMS
delicately hand picked

How to **AMPLIFY THE VITAMIN D IN YOUR MUSHROOMS**

1

**PLACE YOUR MUSHROOMS, WHOLE OR SLICED,
ONTO A PLATE.**

*If you slice your mushrooms, the surface area
will have greater exposure to the sun, increasing
the amount of Vitamin D produced.*



2

**DEPENDING ON THE WEATHER, PLACE YOUR MUSHROOMS OUTSIDE IN THE
SUNLIGHT FOR APPROXIMATELY 15 MINS - 1 HR.**

*Vitamin D - often called the "sunshine vitamin", helps to absorb the calcium
in your blood which is used to build strong bones.*



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VITAMIN D
MUSHROOMS

3

**CHOOSE YOUR FAVOURITE SA MUSHROOMS RECIPE AND START COOKING WITH
YOUR VITAMIN D MUSHROOMS!**

*Visit samushrooms.com.au/recipes to get your hands on a range of easy and
delicious mushroom recipes.*