

Product catalog

*The most award-winning
mushroom products
in Greece!*



NATURAL
HISTORY
MUSEUM
of METEORA
&
MUSHROOM MUSEUM



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The Museum's products have participated in numerous competitions, winning dozens of awards, making them the most award-winning mushroom products in Greece.

The Mushroom Museum and the mushroom products

The **Natural History Museum of Meteora and the Mushroom Museum** opened to the public in December of 2014. Essentially, there are two museums: The Zoological Museum and the Mushroom Museum, the collections of which contain approximately **350 species of animals and 250 species of mushrooms**.

Since its opening, the Museum has become a destination for Greeks and foreigners. It has received thousands of visitors, the comments of whom in its guestbook or in the social media reflect the unique experience they had visiting it.

At the same time, it has been the subject of broadcasts and commentaries on a very large number of printed and electronic media, both for its image, which is described with particularly praiseworthy comments, and for the mushroom products it has created.

These products serve the Museum's goal to highlight the nutritional value of mushrooms and to introduce them in people's daily diet. At the same time, they help financing a series of activities of the Museum, which are provided free of charge within the context of its social role.

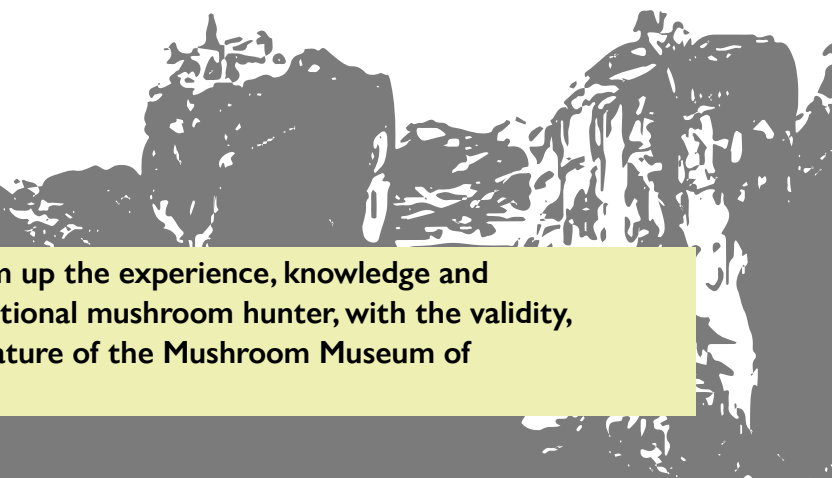
On this basis, and in order to create tastier products which are at the same time richer in biological value, we collaborated with the **Department of Nutrition and Dietetics of the University of Applied Sciences of Thessaly**.

All the mushroom and truffle products on this product catalog are the result of this particularly constructive collaboration. All the raw materials used are of excellent quality, and the vast majority of mushrooms come from the forests and meadows of Greece.

Enjoy!

The Museum has achieved ISO 22000 certification.

These products sum up the experience, knowledge and passion of the traditional mushroom hunter, with the validity, credibility and signature of the Mushroom Museum of Meteora.



The Nutritional Value of Mushrooms

Mushrooms have a history of thousands of years. They were a “symbol of immortality” for the Egyptians, a “source of health” for the Chinese, a “gift of god” for the Romans, while the ancient Greeks considered them a “source of power” for their warriors.

Of course, this has nothing to do with chance. It just did not take long for all those people to realize the special properties of mushrooms as well as their high nutritional value. A value, of course, which has now been proven by science and which requires that mushrooms become an important part of our dietary habits.

The high biological value of the proteins they contain, the significant amounts of fiber, Potassium, Phosphorus, Iron, Selenium, Chromium, Zinc, Vitamins A, B, C, D & E, and the few calories they contain, rank mushrooms quite high in the nutritional value tables.

Thus, always in the context of a balanced and healthy diet, mushrooms help:

- lower cholesterol levels
- reduce the likelihood of developing breast and prostate cancer
- reduce blood pressure and the occurrence of cardiovascular diseases
- maintain normal blood sugar levels
- stimulate the immune system
- with the preservation, development and repair of tissues
- brighten and increase firmness of the skin
- in the smooth functioning of the digestive system

Add to all those a huge variety of flavors and aromas, and mushrooms will surely become an irreplaceable part of your dietary choices.





DEHYDRATED MUSHROOMS

The use of dehydrated mushrooms is associated with a number of advantages. The only requirement is that their drying has been done correctly. Let us see some of those advantages:

- Not only their fragrances are preserved; they are more intense than those of fresh mushrooms.
- Their nutritional and healing properties remain unchanged.
- Wild mushrooms, in particular, are available all year round, and not only during the very short period in which they are fruiting.
- They are easy to use and can be preserved for a long time (up to two years), without the slightest physical or nutritional alteration.
- They contain no traces of preservatives.

Before cooking, dehydrated mushrooms must be hydrated in lukewarm salted water or wine for 15-20 minutes. Then they can be cooked just like the fresh, while the remaining water or wine can be used as stock base.



Mushrooms are a basic choice for vegans and vegetarians. In this context, the Museum has ensured that its dehydrated mushrooms meet the standards required to be registered as vegan products by the Vegan Society.

Don't forget: 500g of dried mushrooms equals 5kg of fresh.



Dehydrated Agaricus bisporus

Nutrition claims
High Protein
Low Sodium
Low Fat

A cultivated mushroom, with a pleasant smell and sweet flavor. Its classic aroma is recognisable by everyone, and is an all weather solution, for it can be used almost everywhere. Ideal for people who are in a low sodium and low fat diet. It may be known as portobello, button mushroom or champignon mushroom.



Dehydrated Amanita caesarea

Nutrition claims
High Protein
High Fiber

One of the most sought-after mushrooms. It is considered to be the king of mushrooms, with bright colors, a delicate aroma and a delicious hazelnut flavor. It was the favorite mushroom of the Roman emperors, who considered it a “gift from God”. Like all other dehydrated mushrooms, it is ideal for vegans and vegetarians.



Dehydrated Boletus edulis (Porcini)

Nutrition claims

High Fiber

High Protein

Low Sodium

Low Fat

The undisputed king of mushrooms. Its exuberant flavor and characteristic aroma have made it the most popular wild mushroom. It can be perfectly combined with meat, fish, pasta, cereals, vegetables and pulses, while its participation in soups and omelettes creates a top delicacy.



Dehydrated Ganoderma lucidum (Reishi)

Nutrition claims

High Fiber

Source of Protein

Low Sodium

Low Fat

Known from antiquity as the "mushroom of immortality", with numerous therapeutic applications in traditional medicine, especially in the Far East. It is used to prepare a beverage that stimulates the body and strengthens the immune system. It is a medicinal mushroom, and at the same time at the top of the world's 300 recognized adaptogenic herbs, which give the body what it needs when it needs it. Throw two or three slices in boiling water or tea and you will get a great tonic.



Dehydrated Cantharellus cibarius

Nutrition claims
High Fiber
High Protein
Low Sodium
Low Fat

One of the top edible mushrooms, with a fruity aroma and a special spicy flavor. It is an ideal accompaniment to many recipes with meat or fish, while as an ingredient in risotto, tarts, pies and omelets, it helps create dishes which are particularly delicious and of high nutritional value. This mushroom can also be used for making liqueur or spoon sweets.



Dehydrated Pleurotus citrinopileatus

Nutrition claims
High Protein
High Fiber
Low Sodium
Low Fat

Known as golden oyster mushroom, Pleurotus citrinopileatus is a cultivated mushroom with a flowery aroma and taste. It can be used in a wide range of culinary applications, and is ideal for sauces or fried dishes where white wine is used. Its rich nutritional characteristics, and its multiple contribution in the smooth functioning of the body, combined with its fine taste, make it an ideal food for every age group.



Dehydrated Coprinus comatus

Nutrition claims

High Fiber

Source of Protein

Low Sodium

Low Fat

It is one of the medicinal mushrooms, with antidiabetic and antibacterial properties, which also helps to control cholesterol and triglyceride levels. At the same time, it has a delicate aroma and a hazelnut flavor, which gives it an undisputed gastronomic value. It is known as shaggy ink cap or lawyer's wig.



Dehydrated Cordyceps

Cordyceps is classified as one of the most significant medicinal mushrooms and adaptogen herbs. It is a source of biologically active ingredients such as proteins, sterols, enzymes, polysaccharides, trace elements and vitamins (mainly E, K, B1, B2, B12). According to scientific research, it enhances the body's resistance, and improves the respiratory and cardiovascular systems' function, while it is also considered a powerful natural aphrodisiac.

It has hepatoprotective and nephroprotective properties, as well as antioxidant, anticancer, anti-inflammatory, anti-lipid, anti-aging and immunostimulatory properties.

Cordyceps has an intense aroma and a deep earthy flavor that make it an ideal accompaniment for savory dishes. Its addition to soups makes them extremely tasty.



Dehydrated Lentinula edodes (Shiitake)

Nutrition claims

High Protein

Source of Fiber

Low Sodium

Low Fat

It is one of the medicinal mushrooms. Just 6g of dehydrated lentinula per day, can help in the good functioning of the immune system. At the same time, it ranks among the mushroom elite with a spicy flavor and a characteristic aroma. It is a species with a long presence and course in the history of mushroom cultivation worldwide. Most people know it as Shiitake.



Dehydrated Marasmius oreades

Nutrition claims

High Protein

High Fiber

Low Sodium

An extremely tasty, wild mushroom, with white flesh, pleasant aroma and a flavor that becomes spicy when cooked. It is ideal for soups and salads, without falling short in value as an accompaniment to meat and fish dishes. It is known as the mushroom of the Oread Nymphs featured in ancient Greek mythology. Its common names are fairy ring mushroom and Scotch bonnet.



Dehydrated Craterellus cornucopioides

Nutrition claims

High Protein

Source of Fiber

Low Sodium

A thin-fleshed mushroom with a vanilla aroma. Its particular taste and fibrous texture are fascinating. The hypoglycaemic substances it contains can help control diabetes. It is considered to be a gourmet mushroom, and is used in soups, risotto, sauces, chicken and pork, while it can also be combined with seafood. It is also known as the «horn of Amalthea», «horn of plenty» and «black trumpet».



Dehydrated Morchella

Nutrition claims

High Protein

High Fiber

Low Sodium

It is one of the most popular types of mushrooms. An expensive, highly gourmet mushroom with a strong aroma that gives a pleasant spicy flavor to every meal. It constitutes a high goal for every mushroom hunter and it is used in the best restaurants in Europe as it is able to enrich every dish.



Dehydrated mix of forest mushrooms

Nutrition claims

High Protein

Low Fat

The secret recipe of the forest elves, combined with a series of choice dehydrated mushrooms. A unique mix, a blend of aromas and flavors that can turn any soup, stew, sauce, risotto and omelette into a dish of high gastronomy, while maintaining all their high nutritional value.



Dehydrated Craterellus lutescens

Nutrition claims

High Fiber

Source of Protein

This golden-yellow treasure of the forest is a goal for every mushroom hunter. It is a delicious accompaniment to soups, sauces, risotto, pasta and fish. It has a very fine and soft flesh, a fruity smell (apple, apricot) and a relatively mild flavor. This mushroom is very high in dietary fiber and helps in the smooth functioning of the digestive system.



PASTA WITH MUSHROOMS

Italians, Greeks, Chinese, and Arabs can fight over the origin of pasta all they want, but what matters at the end, is that pasta has entered all our lives for good.

Everyone can understand why: Pasta is perfect on any table, whether it be the table of the finest gourmet or that of a bachelor or a student. It is tasty, it is easy to cook, easy to digest and comes at an affordable price.

The combination of pasta and mushroom is not accidental. Not only does it produce dishes of exceptional flavor, but it also enhances their nutritional value, without increasing the caloric intake.

Moreover, these attributes are enhanced by the selective utilization of raw materials and traditional recipes in a small-scale production.

Lastly, the proteins that this pasta contains aid in the preservation, development and tissue repair, as well as in the normal functioning of the body, while its high biological value makes this pasta ideal for vegetarians but also for those who are on a low sodium and low fat diet.

The reason for this sharp increase of their biological value lies in the fact that the combination of mushrooms with cereals yields proteins of high nutritional value similar to animal proteins, without toxins, fats and cholesterol that have been associated with the latter.

The Museum's product range of pasta with mushrooms contains five times more mushrooms than most other similar products in the market.



Fusilli with mushroom

Nutrition claims

Source of Protein

Low Sodium

Low Fat

A magnificent combination of pasta with Boletus (Porcini), which leads to special paths of taste. Ideal for cold pasta salads, but also for any culinary experiment. If they are to be served with any sauce, it is best to mix them with it, rather than putting the sauce on top, as the turns of the spiral are able to hold it. Cooking time: 10 minutes. Stir occasionally.



Linguine with Black Truffle

Nutrition claims

Source of Protein

Low Sodium

Low Fat

The wild Black Truffle, this expensive mushroom that grows underground, is harvested in the Greek forests. With its unique aroma and intense particular flavor; it can be added to this extraordinary pasta, giving it a fine and delicate taste. This product can add value to any table, while also maintaining its entire high nutritional value. Cooking time: 7 minutes.



Mushroom shaped pasta with Boletus

Nutrition claims

Source of Protein

Low Sodium

Low Fat

A product mostly addressed to kids who love pasta with mushroom, but adults are welcome to try it too! Here, the combination of Porcini with the pasta ends in a mushroom shaped pasta of incredible flavor. Thus, as food becomes play, kids are able to approach the wonderful world of mushrooms in an interactive way. Cook for 10 minutes in salted water, and you are ready to play!



Traditional “petoura” pasta with mushroom

Nutrition claims

Source of Protein

Low Sodium

Low Fat

Here, the “king” of pasta meets the “king” of mushrooms, the Boletus (Porcini). The result: a “royal” meal of exceptional taste, light and hearty! Petoura pasta can be used in many ways, either as a main course, or as an accompaniment to meat. In any case, it is a unique dish. Boil in salted water for approximately 12 minutes, stirring occasionally.



Whole-grain gemelli pasta with Coprinus comatus and Aronia

Nutrition claims

Source of Protein

Low Sodium

Low Fat

A product of our mushroom & superfood series. An original combination, where whole grain pasta meets the medicinal plant Aronia and the -also medicinal- mushroom Coprinus comatus. The result is a product of particular flavor and nutrition, with the highest biological value. The hypoglycaemic properties of Coprinus coexist with the antioxidants of Aronia, acting as a protective agent for a number of body functions. Suitable for diabetics and for people who wish to eat low-fat foods. Boil for approximately 10 minutes.



Traditional noodles pasta with Goji berry, Boletus and vegetables

Nutrition claims

Source of Protein

Low Sodium

Low Fat

Another product of our mushroom & superfood series. The ideal ratios of its ingredients result in a unique and tasty product which combines the antioxidant action of Goji berries with the high biological value of Boletus proteins and the rich taste of vegetables. It is a very nutritious meal and a real favorite among those who are on a low-sodium and low-fat diet. Boil for approximately 8 minutes.



Traditional noodles pasta with mushroom

Nutrition claims

Source of Protein

Low Sodium

Low Fat

The dominant flavor and aroma of Boletus (Porcini) kneaded into a pasta of the highest quality, guaranteeing a special dining experience. Here is where pure ingredients meet the quality of the mushroom, placing an authentic Greek flavor on your plate. Ideal for numerous culinary experiments. Boil for approximately 8 minutes.



Orzo with Boletus mushroom

Nutrition claims

Source of Protein

Low Sodium

Low Fat

Orzo has always been the basis for a wide range of culinary combinations and the creation of very delicious dishes. Here, its combination with Porcini gives it another flavor and takes this popular pasta to a new level. At the same time, it gives it a strong biological value, which makes it ideal for vegetarians. Boil for approximately 15 minutes.



Whole-grain macaroni pasta with Boletus

Nutrition claims
Source of Protein
Low Sodium
Low Fat

As a whole grain pasta, made from the whole grain of wheat, it is classified as a food of Low Glycemic Index, but also of high nutritional value due to its protein, fiber and minerals content (Copper; Selenium, Magnesium, Manganese).The Boletus mushroom gives it a distinctive flavor; while if used in controlled quantities, it is suitable for diabetics and vegetarians. A real favorite among those who are on a low-sodium and low-fat diet. Boil for approximately 8 minutes.



Traditional small sized noodles pasta with mushroom

Nutrition claims
Source of Protein
Low Sodium
Low Fat

The small squares of this traditional noodles pasta are kneaded together with Boletus powder; creating a totally Greek, traditional and tasteful suggestion. This is another version of the larger sized traditional Greek noodles pasta, with numerous culinary applications and a strong biological value, due to the increased quantity of Boletus it contains. Vegans, vegetarians and those who do not want salted and fatty food, will find in this product an important nutritional ally. Boil for approximately 8 minutes.



SOUPS AND MIXTURES WITH MUSHROOMS

Our Museum's soups and mixtures are the result of numerous and painstaking culinary experimentations that we conducted in order to come up with products of high quality, taste, and nutritional value.

The reasons that led to the creation of these products are simple:

- They can be used easily and quickly even by the most inexperienced cooks.
- There are ready mixes or soups, with the predominant taste and aroma of mushroom, which is achieved through the use of dehydrated mushrooms or mushroom powder.
- We found the right ratios, which drastically boost their nutritional value and at the same time help them receive as many nutrition claims as possible.

The soups and mixtures of the Museum have received significant nutrition claims, as a result of the meticulous choice of raw materials and the careful proportions of their ingredients.

If you crave for a fast but healthy meal, your choice lies among the Museum's soups and mixtures.



Pilaf with mushrooms

Nutrition claims
Low Fat

Selected rice, dehydrated vegetables and Boletus mushrooms (Porcini).A great mix with a full flavor and rich aroma. The presence of Boletus, with the spotty flesh and forest aroma, gives the product its distinct flavor. The earthy aromas of the mushrooms and the creamy texture of this select rice variety create a really luxurious dish, in the simplicity of its minimal materials.

Bring to a boil 1lt of water and add the product and oil of your choice, while stirring. Lower the heat and let it boil for 10 minutes.



Mushroom soup

Nutrition claims
Source of Protein
Low Sodium
Low Fat

The “summit” of the finest mushrooms. The power of flavor, aroma and colors are united in one product. An ideal combination of Boletus, Lentinula, Pleurotus, and Agaricus mushrooms, with a distinctive flavor. Its high protein content aids in the maintenance, growth and repair of tissues as well as in a number of functions of the human body. A real favorite among those who are on a low-sodium and low-fat diet.

Add the mushroom soup in 1lt of slightly salted boiling water. Let it boil for 10 minutes, while stirring it occasionally. Add one tablespoon of olive oil and serve it with feta cheese.



Creamy mushroom soup

Nutrition claims

Source of Fiber

Low Sodium

Low Fat

An easy to make, delicious mushroom soup with a velvety texture and inimitable flavor. The slow caramelization is the key to reveal the culinary magic of the contained mushroom. Apart from being an ideal solution for students and bachelors, it is also a first-class dish for every meal, without preservatives. For one serving, pour half a sachet in 200ml of water and heat for three minutes.



Groats with mushrooms

Nutrition claims

Source of Fiber

Low Sodium

Low Fat

Groats combined with the powder and sliced pieces of Boletus (Porcini) mushrooms. A traditional recipe from Pontus, now with a modern suggestion. A unique flavor of strong nutritional value that will delight any fan of traditional flavors. The fiber it contains contributes to weight loss, to the smooth bowel function and to the control of sugar levels.

Add the product in 6 cups of water and boil it for 10 minutes. Let it absorb all the water before serving.



Risotto with Black Truffle

The unique combination of rice with the wild Black Truffle is complemented by the delicate flavor of the Craterellus cornucopioides, a product that combines pleasure and nutritional balance. The gourmet and nutritional value of Craterellus cornucopioides as well as its delicious aroma, will turn any recipe into a unique gastronomic experience. Sauté the product for 1 minute in 60 grams of butter. Add 750ml of hot water (alternatively chicken or vegetable broth) and bring to a boil. Once boiled, lower the heat and simmer for 12 more minutes. Garnish with grated Kefalograviera.



Sweet frumenty with mushroom

Nutrition claims
Source of Protein
Low Sodium
Low Fat

Traditional Greek soup and Boletus (Porcini) blend harmoniously into a product that can satisfy the most demanding palate. Its special and quite distinctive flavor, combined with its high biological value provides a meal that is particularly beneficial to a series of functions of the human body. Ideal for vegetarians and for low-sodium and low fat diets.

Add the product and 2 tablespoons of oil in 2 litres of slightly salted boiling water. Let it boil for 10 minutes, while stirring it occasionally.



Sour frumenty with mushroom

Nutrition claims

Source of Protein

Low Sodium

A blend of classic frumenty with yoghurt and Porcini powder. A fine product that «smells» Greece. A traditional recipe, a combination of flavors and aromas, based on the rigorous selection of raw materials and rations which give it a strong nutritional value. As a source of protein, it contributes to the smooth functioning of the body, while its low sodium content makes it suitable for people who have to follow a low sodium diet.

Add the product and 2 tablespoons of oil in 2 litres of slightly salted boiling water. Let it boil for 10 minutes, while stirring it occasionally.



Vegetable soup with mushrooms

Nutrition claims

Source of Protein

Low Sodium

Low Fat

Delicious vegetable soup with dehydrated vegetables, wheat flour and small pieces of dehydrated Boletus. A mix of unique flavors with an excellent result. An inexpensive product, considering that one package contains 14 portions of vegetable soup. A healthy, protein-rich dish that aids in the maintenance, growth and repair of tissues, as well as in many other functions of the body.

Add 2 tablespoons (for every serving dish) in boiling water. Stir in oil of your choice and lower the heat. Let it boil for 12 minutes.



Mashed potatoes with mushrooms

Nutrition claims

Low Sodium

Low Fat

A unique combination of mashed potatoes and dehydrated Boletus (Porcini) powder in a product that achieves both pleasure and nutritional balance. The velvety texture of the product, its distinctive taste and the intense aroma of the mushroom, make it an outstanding accompaniment to meat and fish dishes, as well as a savory suggestion for pies and tarts.

Heat 1lt of milk, add the product and stir it for 5 minutes. Add 3 tablespoons of butter and salt. Optionally, add nutmeg or/and pepper.



The recipes on which these products have been based are traditional, enriched with modern flavors, and can satisfy any demanding palate.



MUSHROOM POWDERS

Lately, the use of mushrooms in powdered form has become increasingly popular. And not without reason. This is due to specific factors:

- Powdered mushrooms are easy to use and require no preparation whatsoever, since they are used as seasoning.
- They require much less cooking time than whole or sliced mushrooms.
- They maintain all the mushroom aroma, which is even more intense than that of dehydrated mushrooms.
- Their taste is quite strong, and you can “color” a dish as much as you want, depending on the quantity you use.
- They can be used where fresh or dehydrated mushrooms are usually not (e.g. in sauces).

As with all its other products, the Museum has given a lot of weight on the quality of the raw materials, so its powders are considered among the best in the market.

Like our dehydrated mushrooms, our mushroom powders also carry the registered vegan trademark of the Vegan Society.



Powdered Boletus edulis (Porcini)

Nutrition claims
High Protein
High Fiber
Low Sodium
Low Fat

The “magic” powder of the King of mushrooms. It adds flavor and gives a characteristic mushroom aroma on any dish. It can be used as seasoning, like salt, pepper and other spices, towards the end of cooking and in a quantity proportional to the intensity you want to taste. It can be used in a variety of ways, not only because of its unique flavor, but also because of its high nutritional value.



Powdered Ganoderma lucidum (Reishi)

Daily intake of 1g of powdered Ganoderma lucidum helps in
Cholesterol level reduction
Body stimulation
Immune system boost

Its high protein and fiber content, and low sodium and fat content are only a few reasons for which Ganoderma lucidum is considered to be the “Superfood of the 21st Century». Being a top adaptogenic herb and a medicinal mushroom, it has numerous uses in gastronomy and in medicine.

A single gram of this powder in boiling water or any other hot beverage, creates a tonic dietary supplement. Its use is also ideal for seasoning soups and salads.



Powdered *Grifola frondosa* (Maitake)

Nutrition claims

High Fiber

Source of Protein

Low Fat

A particularly tasty and relatively unknown medicinal mushroom, the roots of which trace back to the Chan dynasty in China. Today it is rightfully considered a superfood, due to its multiple medicinal properties. It helps increase and maintain the muscle mass, reduce the risk of cardiovascular diseases, and is also ideal for low-fat diets. It is used as seasoning, just like the other powders.



Powdered *Lentinula edodes* (Shiitake)

Nutrition claims

High Protein

Source of Fiber

Low Sodium

Low Fat

The powder of this medicinal mushroom is ideal for an easy everyday use in every home and meal. It is used as seasoning, it has a characteristic aroma and flavor; and is rich in vitamin b-complex, protein, Potassium, Phosphorus and Magnesium. These ingredients rank *Lentinula edodes* very high in the table of mushroom nutritional values. It can be used toward the end of cooking, or right after it.



Powdered Coprinus comatus

Nutrition claims

High Fiber

Source of Protein

Low Sodium

Low Fat

Coprinus comatus ranks among the top medicinal mushrooms, as it is rich in minerals and trace elements. It covers not just our culinary needs, but also those of our body. Its flavor and aroma make it a prime choice in our culinary experimentations. The easy use of its powder as a seasoning, helps create mushroom delicacies of high nutritional value. Its hypolipidemic properties have been known for a long time, and its contribution in boosting the immune system is significant. .



The mushrooms that are used for the powders are of the highest quality, and the process for drying and turning them into powder does not change their nutritional value.



MUSHROOMS IN OIL

To preserve mushrooms for a long time, people inserted them in oil. Of course, nowadays, mushrooms in oil are considered a gourmet and preservative-free treat, which maintains their high biological value.

This mushroom-delicacy can be taken out of one's cupboard at any time and be a perfect accompaniment to a glass of ouzo, tsipouro or wine.

Our Museum's mushrooms in oil are ready for consumption and have a very long shelf time (18-24 months).

The unique design of their packaging is not accidental. It is inspired from the top edible mushroom, Boletus. It is a "tribute" to this extraordinary mushroom and its unsurpassed taste and its innumerable uses.



Only excellent quality mushrooms are used in the Museum's mushrooms in oil products and our main concern during their production is the maintenance of their high nutritional value. They contain no preservatives.



Agaricus bisporus in oil

Nutrition claims

No Sugars

Source of Fiber

A famous and very popular cultivated mushroom with a crispy flesh and attractive taste, extremely delicious. An ideal accompaniment to wine, tsipouro or ouzo, but can also be used as a basic ingredient in many gourmet creations. Its ingredients and the absence of preservatives make it attractive not only for its taste but also for its biological value. Refrigerate after opening.



Boletus (Porcini) in oil

Nutrition claims

No Sugars

Source of Fiber

The ultimate mushroom delicacy, with the incomparable flavor and the classic aroma of the "king" of mushrooms. A product that is ready for consumption, and can easily participate in various culinary creations (e.g. omelets, pasta, etc.). Its oil can be added to salads for flavor. It contains no preservatives, while as a source of dietary fiber, it constitutes a unique and tasty choice that also helps the digestive system.



Cantharellus cibarius in oil

Nutrition claims

No Sugars

Source of Fiber

The mushroom with the countless friends, in a product that is ready for consumption. This wild mushroom that offers a large number of culinary uses, ranks at the top of mushroom species, with its distinctive apricot aroma and slightly spicy flavor, and is rich in vitamin C.

This Cantharellus-infused oil can be added to salads for flavor. A healthy, preservative-free eating, which must be refrigerated after opening.



Grilled Lactarius mushrooms in oil

Nutrition claims

No Sugars

Source of Fiber

An exceptionally delicious wild mushroom that can add «that something extra» to your table. Its meaty texture, fruity aroma, and sweet yet slightly peppery taste, make it one of the top edible mushrooms.

It can be enjoyed as is and makes an ideal pairing with ouzo or tsipouro. However, it is also versatile enough to be used in various ways, depending on the cook's creativity and mood. The oil itself can lend an exquisite mushroom flavor to your salads. A mushroom that, once tasted, is sure to be sought after again!



Lentinula edodes (Shiitake) in oil

Nutrition claims

No Sugars

Source of Fiber

A medicinal mushroom of exceptional quality, with a distinctive aroma, a strong, spicy flavor and therapeutic properties. Initially cultivated in Asia, it now constitutes one of the most famous and prized mushrooms with a wide range of culinary uses and exceptional tasty results.

It is ready for consumption, either directly, or as an accompaniment. It must be refrigerated after opening, while its oil can add flavor in your salads.



Pleurotus in oil

Nutrition claims

High Fiber

No Sugars

A widely known mushroom with a delicate aroma and mild taste, ready for consumption. Its oil can be added to salads, to infuse them with its distinctive flavor.

As a product, it has high in fiber; and in the context of a balanced diet can help with the normal bowel function and weight management. Also, dietary fiber intake has been associated with a lower risk of developing cardiovascular diseases and type 2 diabetes mellitus.



Smoked Portobello in oil

Nutrition claims
High Fiber
No Sugars

The top-quality cultivated Portobello mushroom, in its smoked version. Its full flavor and fleshy texture are combined with the aroma of smoke to create a product that ranks very high in the pyramid of tasting. It is an exceptional accompanying delicacy, and if you want your salad to get its distinctive aromas, just add a few pieces in it or pour a few drops of its oil over it.



Craterellus lutescens in oil

Nutrition claims
Source of Fiber
No Sugars

The golden-yellow Craterellus lutescens mushrooms with the mild flavor and fruity aroma, are transformed into an eating of high value, which preserves their high nutritional and biological value. Feel its taste, detect its aroma, enjoy it! Add its oil to salads, for a lingering taste and aroma sensation. A real creation of nature on your plate.



Golden Boletus in oil

Nutrition claims
Source of Fiber
No Sugars

The “golden crown” of the “king of mushrooms”. The top of the top. Small firm Boletus mushrooms of the highest quality, in the first stage of development, for an even crispier flesh, with exceptional taste and a magnificent aroma. A product that is perfect for any formal meal, offering unpretentious taste experiences, either as an appetizer or as an accompaniment. Don't forget: Its oil can upgrade any salad.



PRODUCTS WITH TRUFFLE

The gastronomic, but also nutritional value of the truffle has made it a prized mushroom all over the world.

The increased demand, combined with the small quantities available on the market, have raised the price of truffle very high.

The aroma of this unique mushroom that grows underground is special, while the mushroom itself constitutes a formidable delicacy, a small amount of which is enough to transform any simple recipe into an extraordinary eating. Their rich biological value makes them useful for medicinal and therapeutic purposes. It also has significant aphrodisiac properties.

Our products with truffle also include the Linguine with Black Truffle and the Risotto with Black Truffle, which are presented in the corresponding categories.

Truffles are distinguished for their excellent quality of protein, the large number of fiber, minerals, vitamins and antioxidants, and the minimum fat, sugar, and calories they contain.



Either you are fan of truffles or you taste them for the first time, just a taste of the products will make you adore them.



Fleur de sel with Black Truffle

The rich-in-mineral-elements flower of salt, meets with pieces of ground Black truffle. It is a seasoning, a minimum quantity of which just before serving, can transform any dish into a delicacy of high value. Test it on your salads, rice, or pasta, and it will surely convince you of its flavorful completeness and usher you to use it in every culinary creation.



Balsamic vinegar with White Truffle aroma (110ml & 250ml)

Nutrition claims

Low Sodium

Low Fat

Balsamic vinegar marries queen White Truffle (Tuber magnatum), in an explosion of taste and aroma! Just a few drops are enough for a great flavor result, while the delicate and fine aroma of the White truffle touches the palate.

Its easy-to-use packaging allows you to spray it over your creations. Can be used on roasted mushrooms or vegetables, boiled eggs and potatoes, and anywhere vinegar is used. It will take your dish to a new level.



Extra Virgin Olive oil with White Truffle aroma (110ml & 250ml)

Nutrition claims

High unsaturated Fat

Low Sodium

The intense aroma of the rare and hard-to-find White Truffle upgrades the Greek virgin olive oil and takes it to a new level of taste. It can bring any food to another dimension, but must be used sparingly, for just a small quantity is enough to reach the desired tasty outcome. It has a wide range of culinary uses.

Its high content of unsaturated fats has a beneficial effect on the cardiovascular system, as well as on the blood sugar and cholesterol levels.



Extra Virgin Olive oil with Black Truffle aroma (110ml & 250ml)

Nutrition claims

High unsaturated Fat

Low Sodium

Greek virgin olive oil, enriched with the aroma and slices of Black Truffle. Just a few drops are enough to unfold all the aromas of the Black Truffle in your plate. Takes your salads and sauces to a new level, and can be used on any dish that you want to carry the flavor and aromas of this unprecedented treasure of nature.

Use preferably towards the end of, rather than during cooking. Avoid using strong spices with it.



Black Summer Truffle

Nutrition claims

High unsaturated Fat

Low Sodium

A gem for your kitchen. It can enhance any dish, since its range of use is wide. From salads and risotto, to eggs, fish and chicken, whilst on toasted bread, it is a first-class delicacy. A small quantity of it is enough to give aroma and enhance the taste. Avoid using truffles with spices

You can grind it on your plate or decorate it by slicing the truffle thinly with a knife.



Slices (carpaccio) of Black Truffle in olive oil (30g, 45g & 180g)

Thin slices of Black Truffle, ready to upgrade the taste and look of every meal, giving a note of luxury. Preserved in extra virgin olive oil, without preservatives. After opening, keep refrigerated and use within fifteen days.

Use it on roasted bread, on salads, pasta, eggs, rice, meat, fish, and roasted asparagus. Avoid using it with tomato or strong spices.





SAUCES AND SPREADS

Experience the magic of flavor through a unique collection. Our mushroom and truffle sauces and spreads are produced with passion and the finest ingredients.

This is truly a gastronomic journey, an ocean of tastes and aromas, bound to captivate even the most demanding culinary enthusiasts.

Inspired by tradition yet influenced by modern gastronomic trends, these products seamlessly blend heritage with contemporary culinary excellence.

If you have high standards and seek premium options for your kitchen, the sauces and spreads by the Mushroom Museum are the perfect choice.

Ideal for adding a touch of luxury to any meal - whether as accompaniments, to elevate pasta and meats, or as delicious spreads.



When the bold flavor of truffle meets the earthy aromas of mushrooms, the result is a culinary masterpiece that enhances every dish.



Porcini mushroom Sauce

A jar full of aromas! This sauce with extra virgin olive oil, combines Porcini (Boletus) mushrooms with spices to create an outstanding product with a tempting aroma and taste that can satisfy even the most demanding.

Very easy to use, this sauce is an ideal spread for toasted bread and bruschetta. It goes well with fresh cheeses and is an excellent flavouring for risotto and pasta. It can be added to vegetable or potato soups, grilled meats, and even pizza, replacing the classic tomato sauce. This Porcini sauce offers you the gourmet touches you want on your table — and beyond!



Porcini and Black Truffle cream

When two of nature's most extraordinary treasures, Porcini mushrooms, and Black Truffles, come together in a jar, the result is nothing short of spectacular! The Black Truffle harmoniously embraces the Porcini, their distinct flavors shining individually yet blending perfectly to create a culinary journey unlike any other. This incredible combination, with its ideal balance of ingredients, is crafted to satisfy even the most discerning connoisseurs.

Perfect for pasta and risotto, delightful as a spread on toasted bread, elevating canapés and sandwiches, or as a seasoning for grilled meats, it enhances every bite. When paired with eggs in an omelet, it creates a refined and irresistible dish.



Black olive paste with Black Truffle

An unparalleled blend of truffles, black olives, and mushrooms. The carefully balanced proportions create a perfectly harmonized combination of flavors and aromas, ideal for exquisite creations that appeal to culinary enthusiasts. The high quality of the ingredients, the smooth texture, and the ease of use make it an essential component for any chef looking to transform their dishes into delectable and unique delicacies.

It works exceptionally well as an appetizer, for spreading, and in combination with pasta, roasted meats, omelets, and vegetables. Additionally, its distinctive qualities make it perfect for those who wish to experiment and create unique recipes and delightful meals.



Black Truffle paste

A product that truffle lovers will adore! The intensity of its aroma, ensured by the high black truffle content, combined with the unique blend and balance of other ingredients, creates an unparalleled flavor experience. It's a must-have for anyone who craves regular truffle touches in their diet. It's also a perfect introduction to truffles for those eager to taste this luxurious ingredient easily and immediately.

This versatile product serves as an excellent base for many dishes and can also be used as a spread. When combined with pasta and rice, it delivers exceptional results. It's ideal for omelets and meats. We're confident that just one taste will make it an indispensable addition to your kitchen.



Mushroom and Truffle sauce

The perfect blend of wild mushrooms (Porcini, Chanterelle, Morel) and Black Truffle that can elevate any dish to a new level. The aromas meld harmoniously, and combined with high-quality extra virgin olive oil, spices, and herbs, this sauce is versatile enough to enhance any meal. If wild mushrooms tantalize your taste buds and the flavor of truffles excites you, this product is a must-try.

You can use it as a spread on any bread, to make sandwiches more delicious, or in pasta, risotto, meat dishes, and eggs. It's a classic mushroom and truffle sauce that's easy to use and a valuable ingredient for your most refined recipes.



The Museum's mushroom and truffle pastes and sauces offer rich aromas and gastronomic luxury, transforming every meal into an unforgettable culinary experience.



MUSHROOM BARS

A groundbreaking new product line from the Mushroom Museum. The mushroom bars we have created are unique in Greece—and perhaps even in Europe.

These come in four different varieties, featuring not only premium ingredients but also an exceptional selection of mushrooms: Porcini (*Boletus* sp.), *Cantharellus cibarius* (Chanterelle), *Amanita caesarea*, Black Trumpet (*Craterellus cornucopioides*), and Truffle.

In these bars, nature and gastronomy truly come together to create something extraordinary. The combination of aromatic truffle, nutrient-rich mushrooms, and cereals results in an unprecedented taste experience with high nutritional value.

For those seeking a healthy, satisfying, and refined snack, these premium bars—high in fibre and protein—are the perfect choice.

Free from added sugars and artificial ingredients, they are the ultimate solution for any time of the day, providing energy and well-being.

Enjoy the intensity of truffle aromas combined with the earthy flavors of mushrooms in surprising and delightful combinations.



Bar with Amanita caesarea, Cashews, and Hazelnut

Nutrition claims

High Fibre

A royal choice for those seeking unique flavors! The energy bar with the exquisite Amanita caesarea mushroom, crunchy cashews, and aromatic hazelnuts offers a luxurious blend of flavors and nutritious ingredients. A meal in the form of a bar that fills you with energy and enjoyment at any moment.

It's a natural source of energy and healthy fats, thanks to the balanced combination of proteins and dietary fiber. It's an ideal choice for a quick snack or before exercise. Taste the luxury you deserve with every bite!



Bar with Boletus (Porcini), Peanuts, and Tahini

Nutrition claims

High Fibre

Source of Protein

Indulge in a rich and refined combination of flavors! The energy bar with Porcini (Boletus sp.) mushroom, peanuts, and tahini offers a harmonious blend of nutritious ingredients and delicious enjoyment. The intense flavor of Boletus, combined with the creamy texture of tahini and the crunch of peanuts, makes it the perfect choice for healthy energy throughout your day.

A bar rich in protein and dietary fiber, with natural sweetness from its ingredients, as it contains no added sugar. It's suitable for vegans and anyone seeking a balanced diet, while it contains no preservatives. Are you ready to make every moment more special?



Bar with Cantarellus cibarius, Peanuts, and Honey

Nutrition Claims

High Fibre

Source of Protein

Discover the power of nature in a bite! The energy bar with the top-tier Chanterelle mushroom (*Cantharellus cibarius*), peanuts, and honey combines the nutritional benefits of Chanterelle, the crunchy texture of peanuts, and the natural sweetness of honey. A unique combination that offers energy and enjoyment, perfect for any time of day.

With its high protein and fibre content, it provides a feeling of fullness after consumption. It's an ideal choice before or after exercise and contains no preservatives. A bar for those with high taste demands!



Bar with Truffle, Craterellus cornucopioides, and Tahini

Source of Fibre

Source of Protein

Taste the ultimate luxury in an energy bar! The combination of truffle, Black Trumpet (*Craterellus cornucopioides*) mushroom, and tahini creates a refined composition that stands out for its unique flavor and nutritional benefits. A flavorful journey for discerning palates, perfect for those looking for something special.

It's an exceptionally aromatic bar with natural nutritious ingredients, containing no preservatives. Its high protein and dietary fiber content make it ideal for on-the-go energy or a gourmet break! For those who love the taste of luxury in every moment of their everyday life.



SWEETS AND HONEY WITH MUSHROOM

The increasing presence of mushrooms in our dietary habits has also affected the confectionary sector.

People usually find the involvement of mushrooms in sweets of all kinds, let alone their autonomous presence in this field, quite strange.

However, the ongoing development of new sweets based on mushrooms has proved that any bias with this respect is gradually being eliminated.

Besides, their particular flavor; unique aromas and harmonious combination with selected sweeteners create sweets which can surely excite your curiosity and demand your attention. A taste will make you love them.



The innovation of sweets with mushroom offers unprecedented tastes that satisfy everyone looking for taste pursuits.



Cantharellus cibarius spoon sweet

Nutrition claims

Low Fat

Spoon sweets have always been, and still are, associated with Greek hospitality, and are an inextricable part of our gastronomic tradition.

It was out of that tradition and of the ingenuity of the Greeks, that a worldwide Greek originality emerged. A unique product that impresses everyone in and out of Greece: The mushroom with the firm flesh and apricot aroma has been transformed into a spoon sweet.

It is a sweet that you can enjoy alone or as an accompaniment to ice cream, yogurt, etc.



Craterellus cornucopioides spoon sweet

Nutrition claims

Low Fat

Low Sodium

This thin-fleshed mushroom, in addition to its wider use in your kitchen, is also an excellent product as a spoon sweet.

The Museum has turned in sweet the Craterellus Cornucopioides mushroom, also known as the «horn of Amalthea» or «black trumpet», a unique recipe with a vanilla aroma, that is great in combination with yoghurt, in ice cream or cheesecake.

A tablespoon of that exceptional sweet is enough to experience new flavours, which can be consumed, either refrigerated or at room temperature.



Pleurotus spoon sweet

Nutrition claims

Low Fat

Low Sodium

With this unique recipe of the Mushroom Museum, the Pleurotus mushroom is transformed into an excellent sweet dish. A creation that will well make mushrooms one of our sweet habits.

Although the product doesn't need to be refrigerated to be preserved, a low temperature will add to its unique taste.

Just as with the Cantharellus cibarius spoon sweet, it can be consumed alone or as an accompaniment to tarts, cheesecakes etc.



Oak honey with Ganoderma lucidum

We managed to combine two different kinds of superfoods to produce this unique biofunctional product with the superior candy scent and special creampowdered texture. It represents the mixture of dietary habits of ancient populations, such as Greek, Egyptian and Chinese people and it has a great positive impact on the human organism. The curative properties of Ganoderma lucidum, known also as "mushroom of immortality" in conjunction with the high nutritional value of the oak honey, create a boosting energy product that enhances the metabolism. It's the best (herbal, organic) remedy for the daily fatigue and at the same time, it boosts the vitality, the stamina, and the immune system. It's a remarkable product with a unique taste and a maximum biological value.



Liqueur of wild *Cantharellus cibarius* mushrooms

A delicate alcoholic beverage was born to satisfy even the most refined palate. It is an exclusively Greek-inspired drink, the taste harmony of which is formed by the natural fruity aromas of the golden-yellow wild *Cantharellus cibarius* mushroom, the mild notes of honey such as its alcoholic character:

The absence of sugar, artificial colors, and aromas are among its comparative advantages, while the presence of honey and tsipouro renders it unique in its kind.

The high-quality characteristics of the raw materials guarantee the bio-functionality of the final product.

Serve it with crushed ice and slices of lemon as an aperitif, before a meal, or after it as a digestif. It is ideal for cocktails as the wild mushroom's aromas add incomparable and umami gustatory notes.

*Sip the Liqueur slowly,
letting it whisk you away. Experience the
enchantment of nature in every drop.*



CHOCOLATES WITH MUSHROOMS

The first chocolates in Greece and Europe that contain whole pieces of wild mushrooms.

An innovation and a journey into unexpected flavor combinations, capable of delighting even the most demanding palates.

The high cocoa content, wild mushrooms, and a harmony of natural ingredients—such as olive oil, orange, raisins, and more—create a unique symphony of flavors and aromas.

Each chocolate is a unique temptation, blending natural sweetness with the earthy and mysterious notes of the forest.

A groundbreaking creation that showcases the limitless potential of mushrooms—not only in cooking but also in confectionery.

An unprecedented play of flavors and aromas, captured in a chocolate waiting to be discovered—and, above all, enjoyed.



An experience that awakens the senses and reveals new dimensions of indulgence.



Milk chocolate with *Amanita caesarea*, EVOO, and Orange

The wild mushroom *Amanita caesarea*, with the high gastronomical and nutritional value, is ideally combined with milk chocolate and extra virgin olive oil, creating an extraordinary product. The ideal ratio of other ingredients highlights a pleasant aftertaste, that classifies it in the next chocolate generation. An innovative mix that leads to an irresistible snack with fantastic taste!



Dark chocolate with *Boletus* (porcini), EVOO, and Rosemary

The undisputed «King of Mushrooms», our well-known *Boletus*, with its characteristic aromas and dark chocolate create an inimitable snack, that can satisfy even the most demanding chocolate lovers. The extra virgin olive oil adding maximizes the benefits and creates a bar of velvety texture chocolate, full of flavor and of high nutritional value. A bar of «royal» chocolate ready to be eaten straight up, even in ice creams and drinks.



Dark chocolate with *Cantharellus cibarius*, EVOO, and Orange

Enriching dark chocolate with extra virgin olive oil enhances the human body's benefits, while their combination with the wild and of high nutritional value mushroom *Cantharellus cibarius*, yields an exquisite chocolate with a unique taste. If you add the ideal portions of the rest ingredients to the fruity aroma and slightly spicy flavor of *Cantharellus cibarius*, then certainly the result will lead you to new paths of taste. Undoubtedly, this chocolate is a great challenge for the palate.



Milk chocolate with *Craterellus cornucopioides*, EVOO, and Bergamot

The wild mushroom *Craterellus cornucopioides* with the thin flesh, fibrous texture and particular taste, is superbly combined with extra virgin olive oil leading to a splendid result, whose aroma profile intensify the natural citrus fruits aromas. In this bar of chocolate, the human body's benefits are merged with the exquisite taste, as the high fibre content aids in the proper cardiovascular function. Let your palate enjoy a new tasty experience!



Dark chocolate with Black Truffle, EVOO, and Thyme

A new chocolate generation that combines the benefits of dark chocolate to the human body with the magnificent aromas of Black Truffle and leads to an extraordinary dessert of excellent quality and of high nutritional value that not only lovers of this scarce wild and expensive mushroom will adore. Thyme adding along with the rest ingredients complete this unprecedented pleasure. Let this unique snack to accompany you in every moment, giving another dimension to the chocolate flavor.



Milk chocolate & 2d chocolate mushrooms

The product is distinguished by its unique taste, which is guaranteed by the selective use of raw materials and following traditional recipes in small-scale production. A delicious bar of velvety chocolate with a wonderful aroma, that melts in the mouth to satisfy even the most demanding palate. A sweet treat that will make you indulge in its magic. A delightful chocolate that kids of all ages will love!!!



Milk chocolate with Ganoderma lucidum and Hemp Seeds, no added sugar

The unique nutritional and psychostimulant properties of chocolate are uniquely combined with the medicinal mushroom *Ganoderma lucidum*, which is also classified as an adaptogen herb that enhances the body's resistance to many factors. The high fibre content contributes to body weight control and reduces the risk of cardiovascular diseases. The adding of hemp seeds gives a new dimension and completes the chocolate flavor.



Dark chocolate with Ganoderma lucidum and Saffron, no added sugar

Dark chocolate, with the undeniable benefits, as an antioxidant, antithrombotic, cognitive enhancer factor; is ideally combined with medicinal mushroom *Ganoderma lucidum*, which enhances the body's resistance to many environmental, chemical and biochemical factors. Its fibre content reduces the risk of cardiovascular diseases and helps body weight control. Give yourself the opportunity to embrace this new flavor and enjoy it straight up or add it in desserts, ice creams, pastries, and drinks.

*The products sum up the experience,
knowledge and passion of the traditional
mushroom hunter, with the validity,
credibility and signature of the Mushroom
Museum of Meteora.*

www.lyhnia.com

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