

Mushrooms.

Nature's Hidden Treasure e-Newsletter

Mushrooms May Offer Natural Solution for Vitamin D

A new study in the Journal of the American Heart Association found only 10% of Americans have optimal blood levels of vitamin D. Deficiency in this vitamin could result in weak bones and increased risk of heart disease. You'll be happy to know mushrooms may be a natural solution. In fact, they are the only natural fresh veggie or fruit that contains vitamin D. Even better, preliminary research suggests that the ultraviolet light found in sunlight may boost levels of vitamin D in mushrooms.



Mushroom, Edamame and Salmon Penne

Try the [Mushroom, Edamame and Salmon Penne](#) for a boost of vitamin D. This recipe has more than 50 percent of the daily value of vitamin D in just one serving!



Mushroom Veggie Frittata

This recipe combines two vitamin D ingredients – mushrooms and eggs. The [Mushroom Veggie Frittata](#) is a quick, easy and delicious dish for breakfast, lunch or dinner.



D-licious Mushroom Pasta

Throw a dinner party to warm everyone's spirits! The [Super Veggie Mushroom Pasta](#) is packed with superfoods, such as mushrooms, broccoli, and red pepper, and is sure to impress.

Have any questions about mushrooms or want to share some of your favorite recipes?

E-mail Us!

Do you have a mushroom-loving friend who would appreciate this information? Simply enter their e-mail address below.

Your friend's email:

Send

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