

ABSTRACT

The present disclosure provides a method for producing products based on *Cordyceps militaris*, *Astragali Radix* and *Codonopsis Radix*, including: preparing raw materials of sorghum seed, *Cordyceps militaris* grown on silkworm larvae, *Astragali Radix* and
5 *Codonopsis Radix*, mixing prepared raw materials, adding Daqu for liquor fermentation, sealing a container, fermenting, carrying out a first distillation, cooling fermented grains naturally, further adding Daqu for liquor fermentation, fermenting, and carrying out a second distillation to obtain a Chinese white liquor based on *Cordyceps militaris*, *Astragali Radix* and *Codonopsis Radix* and distillers' grains; preparing common buckwheat seed and quinoa as
10 raw materials, mixing with the distillers' grains, autoclaving, cooling, inoculating *Cordyceps* strains, after hyphae cover a full area, breaking microbial pieces into microbial pellets; mixing the microbial pellets with glutinous millet in a ratio of 1:(2-3), adding red yeast rice and rice wine yeast, sealing, fermenting, pressing and filtering to obtain a supernatant which is a Chinese yellow rice wine based on *Cordyceps militaris*, *Astragali Radix* and *Codonopsis*
15 *Radix*, and a solid residue; drying the solid residue, and ultrafine pulverizing to obtain dietary fiber powders.