

QuirkyMonkey Lion's Mane Mushroom Coffee Fusion 150g (Switched On)

## **Ground Coffee Ingredients**

Roasted Arabica Coffee\*, Lion's Mane Mushroom Extract, Ashwagandha Root Powder, Raw Cacao Powder, Maca Root Powder, Medium Chain Triglycerides Oil (from coconut).

Energy per 100g
70kj/17kcal
Fat 1g
of which saturates 0g
Carbohydrates 1g
of which sugars 0g
Fibre 1.3g
Protein 0.3g
Salt 0g

QuirkyMonkey Brew Guide (approximates)
Filter –4 teaspoons per 450ml water
Cafetiere –3 teaspoons per 250ml water
Espresso –1 teaspoon per single shot

Made with natural ingredients and suitable for vegans / gluten free /Keto Made in the UK

www.quirkymonkey.com



