



QUIRKYMONKEY

QuirkyMonkey Mushroom Hot Chocolate 150g (Choc-O-Shroom)

Ingredients

Reishi Mushroom Extract, Cordyceps Mushroom Extract, Lions Mane Mushroom Extract, Ashwagandha Root Powder, Raw Cacao Powder, Medium Chain Triglycerides Oil (from coconut), Maca Root Powder, Cinnamon Powder, Rose-Hip Powder.

Energy per 100g

2067kj/416kcal

Fat 13.2g

of which saturates 7.9g

Carbohydrates 37.1g

of which sugars 3.5g

Fibre 46.4g

Protein 33.9g

Salt 0.08g

QuirkyMonkey Brew Guide

- 1. Mix a paste with 5g (teaspoon) of Choc-O-Shroom and a small amount of hot milk of choice.**
- 2. Add remaining hot milk and stir well.**
- 3. Enjoy!**

30 servings based on 5g serving.

Made with natural ingredients and suitable for vegan / gluten free.

Made in the UK

www.quirkymonkey.com

