



FUNCTIONAL TEAS & SUPERFOOD BLENDS FOR A HEALTHIER BODY AND MIND NATURALLY

www.betterfoodmood.com | hello@betterfoodmood.com

MUSHROOM MATCHA – LION'S MANE MUSHROOM MATCHA LATTE POWDER BLEND

This adaptogenic and nootropic superfood blend has been crafted by the founder to help provide calm energy and focus. It is a wonderful healthier alternative to morning coffee or tea. It is comprised of Japanese matcha (created by Japanese tea masters who have been making matcha for over 150 years), Lion's Mane mushroom extract which is 100% fruiting body and with a high level of polysaccharides at 30%, superfood moringa powder, ashwagandha root powder and pure vanilla powder. This blend is to be consumed as a latte and is made in the same way as matcha.

All the ingredients used are natural and there are no added sugars or milk powders in this product. This product is completely free from flavourings, preservatives and colours.

The blend is packed in a paper tube that can be recycled and is plastic free. It makes for a perfect thoughtful gift.

Ingredients:

Japanese matcha, Lion's Mane Mushrooms, Moringa, Ashwagandha, Vanilla powder

Allergens:

May contain traces of tree nuts, peanuts, soya, sesame, eggs, milk, mustard, celery, gluten, sulphites

Storage:

Store in a cool dry place away from light in an air tight container

Nutritional Information:

Energy(kcal): 313

Energy(kJ): 1312

Fat: 2g

(of which saturates): 1.2g

Carbohydrate: 66.9g

(of which sugars): 3.5g

Fibre: 29.2g

Protein: 21.4g

Salt: 0.19g

Lion's Mane Mushroom Extract (per serving): 766mg

How to Prepare:

Add 3/4 tsp of this blend to a matcha bowl, add 30ml of water at 80 degrees Celsius and whisk.

For an iced latte: In a glass, add ice, cold oat/coconut milk and pour over whisked matcha.

For a hot latte: In a cup, add hot milk, whisked matcha and sweetener if desired. Mix.

(The water and milk can be adjusted depending on how creamy you like it)

Testimonials:

"This is the best lion's mane matcha I've heard"

"I don't really like the taste of lion's mane but this actually tastes good"

"Oh wow, that tastes delicious"

"I like that this doesn't have any sugar like other blends"