



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

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FUNCTIONAL MUSHROOM CHAI – TURMERIC MUSHROOM MIX POWDER BLEND WITH CHAI SPICES

Hand-mixed in the UK with fresh ground spices, turmeric and mushrooms. Discover the ultimate adaptogenic latte with our Mushroom Chai, a delicious and functional blend.

Made with a unique combination of Turmeric, Chaga, Reishi, Tremella, Lion's Mane, and warming chai spices, this caffeine-free herbal chai is the perfect drink for overall wellness.

This Mushroom Chai is special because the founder has crafted this mushroom chai blend using her grandma's recipe for the ground spices in this blend.

This rich, earthy, and aromatic mushroom chai blend brings together the best of traditional chai spices with powerful medicinal mushrooms for a daily dose of wellness.

*This blend does not have any added sugar or added dairy and comprises of only beneficial ingredients – because it is the founder's belief to create healthy blends that are truly healthy. There are no preservatives, additives, colours or flavourings in this blend.

Ingredients:

Turmeric, Reishi, Chaga, Tremella, Lions Mane, Cinnamon, Cloves, Ginger, Cardamom, Fennel, Black Pepper, Star Anise

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): 338

Energy(kJ): 1434

Fat: <0.1g

(of which saturates): <0.1g

Carbohydrate: 84.3g

(of which sugars): 2.7g

Fibre: 7.7g

Protein: 4g

Salt: 0.33g

How to Prepare:

Add 3/4 tsp of this blend to a pan on a low flame with 1 cup of your choice of milk (250ml) and warm up until hot. (Feel free to add part water if you like it less creamy). Add sweetener if desired.

Alternatively, prepare in the microwave. Add 3/4 tsp of this blend to a glass, add milk and warm up in microwave. (Add part water if you like it less creamy).