



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

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**RUBY MOON LATTE – ROSE & BEETROOT ASHWAGANDHA LATTE MIX POWDER BLEND
WITH MAGNESIUM GLYCINATE AND CHAI SPICES**

This delicious blend is inspired from the 3000 – 4000 year old Moon Milk Ayurvedic recipe that has been used for relaxation and calm. It has been crafted by the founder to make it more delicious – with a chai like taste – and fortified with magnesium glycinate for a little added extra.

All the herbs and spices used are natural and there are no added sugars or milk powders in this product. This blend is packed in a paper tube that can be recycled and is plastic free. It makes for a perfect thoughtful gift.

Ingredients:

Rose, Beetroot, Ashwagandha Root, Ginger, Black Pepper, Cinnamon, Cardamom, Star Anise, Magnesium Glycinate

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): 271

Energy(kJ): 1130

Fat: 0.7g

(of which saturates): 0.4g

Carbohydrate: 78.7g

(of which sugars): 7g

Fibre: 39.9g

Protein: 7.5g

Salt: 0.26g

Magnesium (per 1tsp/5g): 35.35mg (10% NRV)

How to Prepare:

Add 1/2 tsp of this blend to a pan on a low flame, add a bit of hot water to mix. Add your choice of milk (oat milk recommended for a natural sweetness) and warm up until hot.

Alternatively, prepare in the microwave. Add ½ tsp of this blend to a glass, add hot water and mix. Add milk and warm up in microwave. (The hot water and milk can be adjusted depending on how creamy you like it – just like a coffee!)

Testimonials:

"This tastes unbelievably delicious"

"What's good for you doesn't always taste good, but this actually tastes good"

"This actually tastes like a chai latte, I love chai lattes"

"It is really smooth"

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