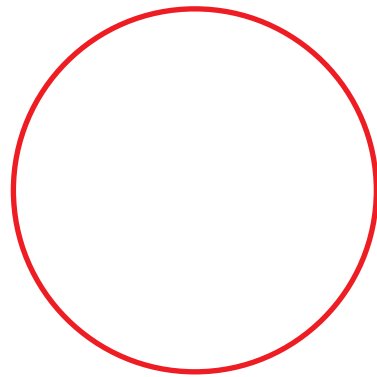


Bookblock Deli

Bookblock Deli

BODY

Camomile &
Marshmallow



Organic Tea & Herbal Blend
Made exclusively for the
Bookblock Deli range

Camomile:
Aids sleep and digestion,
and contains antioxidants.
Origin is Mersin, Turkey

Marshmallow:
Contains antioxidants that
help treat stomach ulcers,
constipation and other
digestive issues.
Origin: Mersin, Turkey

CAMOMILE & MARSHMALLOW TEA

1. Bring water to a boil in a pan
2. Once boiling, turn the heat down to medium and add the mix, allowing 1 tablespoon per person
3. Place a lid on the pot and simmer for 5 to 10 minutes. If using a tea kettle, pour the boiling water into a teacup and add the blend to a tea ball or tea infuser. Steep for 5 to 10 minutes.
4. Strain the loose tea from the pot and pour into a teacup. If using a tea ball, simply remove and discard the mix.
5. Add flavorings or sweeteners such as honey and lemon if desired

INGREDIENTS

Camomile and Marshmallow



Bookblock Deli
Imported by
Hide Stationery Ltd
www.bookblock.com