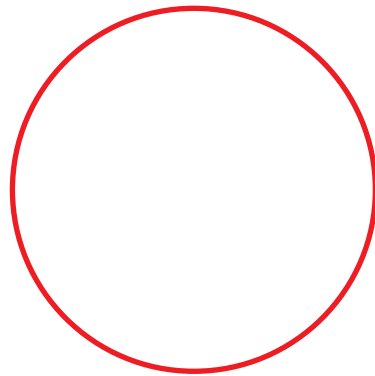


Bookblock Deli

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## MIND

Purple Cornflower,  
Linden & Elderberry



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

*Purple Cornflower:*  
*Immune boosting with an*  
*anti-inflammatory effect.*

*Origin: Nawoiy, Uzbekistan*

*Linden:*  
*Promotes relaxation and*  
*lowers blood pressure.*

*Origin: Bursa, Turkey*

*Elderberry:*  
*Contains antioxidants and*  
*vitamins that boost the*  
*immune system.*

*Origin: Kastamonu, Turkey*

### PURPLE CORNFLOWER, LINDEN & ELDERBERRY

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

Purple Cornflower, Linden, Elderberry



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