Lemon Tekking



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How To Lemon Tek

What You'll Need

- 1/2 Cup of Lemon Juice or 3 Lemons
- Empty Tea Bag
- Ground Mushrooms
- Hot Water
- Pea Butterfly Tea bag

A Tip From Frank

If you are feeling extra adventurous, after step 6, remove and eat the mushrooms from the tea bag. This will make the experience even more extraordinary!



1



Add 3.5gm of the mushrooms material to teabag

2



Squeeze lemons until juice is completely covering mushrooms

3



Soak for 20 to 30 minutes, stirring every 5 minutes

4



In a separate cup brew the Pea Butterfly Tea bag for 5 minutes

5



Combine the lemon mushroom juice into the Pea Butterfly Tea

6



Drink the full mixture, allow 15 minutes to 1 hour to feel full effect

Love All ♥ Serve All

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How To Lemon Tek




1. Add 3.5gm of mushroom into the provided empty tea bag, place into a glass that can pour easily.

2. Squeeze enough lemons until the juice completely covers the mushroom material.

3. Soak in the lemon juice for 20 to 30 minutes, stirring every 5 minutes.

4. In a separate cup (we recommend a clear glass to watch the alchemy take place) add hot water and the Pea Butterfly Tea.

5. Steep to your liking.

6. Pour the lemon mushroom concoction into the cup containing the Pea Butterfly Tea and watch the alchemy take place!

7. Bottoms up! Drink the full mixture.

8. Allow 15 minutes to 1 hour to feel the full effect.

9. Experience can last for 4-8 hours depending on your metabolism. Do not drive or operate any heavy machinery.

10. (Optional) If you are feeling extra adventurous remove and eat the mushrooms from the tea bag. This will make the experience even more extraordinary.

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