

HOW TO MYCO BALANCE

CAFETIERE

HOW TO MAKE THE PERFECT MYCO BALANCE COFFEE AT HOME =

USING YOUR 3-CUP CAFETIERE AND THE 25G SACHETS PROVIDED

BOIL THE WATER

Begin by boiling fresh water and letting it sit for 30 seconds to cool slightly. The ideal temperature for brewing coffee is around 92–96°C.

PREPARE YOUR CAFETIERE

Remove the lid and plunger, ensuring the cafetiere is clean and dry.

ADD THE COFFEE

Open one of the 25g sachets of Myco Balance Coffee and pour it into the base of the cafetiere. This is the perfect pre-measured amount for a 3-cup cafetiere.

ADD THE WATER

Slowly pour in 300ml of hot water (just off the boil), saturating all the grounds evenly.

STIR GENTLY

Using a non-metal spoon, gently stir the coffee to ensure all the grounds are fully immersed.

BREW TIME

Place the lid on the cafetiere with the plunger pulled up. Let the coffee brew for 4 minutes to extract the full flavour and wellness benefits

PLUNGE AND SERVE

Slowly press the plunger down until it reaches the bottom. Pour your coffee immediately to avoid over-extraction.

ENJOY

BENIFITS OF MYCO COFFEE

🌿 **Boost Your Immune System:** Reishi and Chaga strengthen your body's natural defenses.

🧠 **Elevate Your Focus:** Lion's Mane sharpens cognition and supports mental clarity.

💧 **Hydrate & Rejuvenate:** Tremella promotes glowing, youthful skin by boosting hydration.

⚡ **Enhance Your Energy:** Cordyceps fuels your stamina and helps you combat fatigue.

🛡️ **Protect & Restore:** Powerful antioxidants reduce oxidative stress and promote longevity.

PRO TIP =

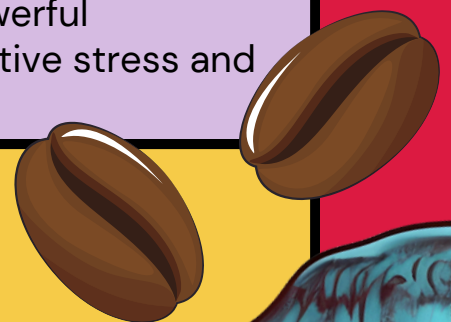
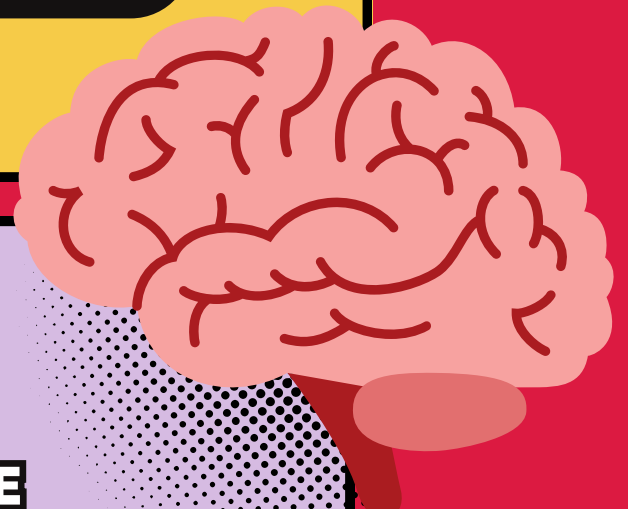
Add your favourite milk or sweetener, if desired, but we recommend enjoying it black to fully appreciate the natural flavours.

Savour the rich, smooth flavour of Myco Balance Coffee, enhanced with mushroom extracts for a revitalising start to your day.

Enjoy the perfect balance of taste and wellness in every cup!



STAY CONNECTED



HOW TO MYCO BALANCE

STOVETOP

HOW TO MAKE THE PERFECT MYCO BALANCE COFFEE AT HOME

USING YOUR 3-CUP STOVETOP AND THE 18G SACHETS PROVIDED

FILL THE BASE WITH WATER

Unscrew your stovetop espresso maker and fill the bottom chamber with fresh water. Make sure the water level is just below the safety valve.

ADD THE COFFEE

Open one of the 20g sachets of Myco Balance Coffee and pour the espresso ground coffee into the filter basket. Spread it evenly but avoid tamping it down – the coffee needs space for optimal brewing.

ASSEMBLE THE STOVETOP

Place the filter basket into the bottom chamber and screw the top and bottom sections together tightly.

HEAT IT UP:

Place the stovetop espresso maker on low to medium heat. Avoid using high heat to prevent scorching the coffee.

WAIT FOR THE MAGIC:

As the water heats, it will rise through the coffee grounds and fill the upper chamber with fresh, aromatic espresso. You'll hear a gentle gurgling sound as the process completes.

SERVE IMMEDIATELY:

Once the brewing stops and the gurgling sound subsides, remove the stovetop from the heat. Pour the rich, smooth Myco Balance Coffee into your favourite cup.

ENJOY

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PRO TIP –

For a smoother taste, enjoy it as is, or add your preferred milk or sweetener to enhance the flavour.

Relish the bold, full-bodied flavour of Myco Balance Coffee, infused with the natural vitality of mushroom extracts for a nourishing pick-me-up.

Clean Up:

Allow the stovetop to cool before disassembling and rinsing it with warm water. Avoid using soap to preserve the coffee's natural oils for future brews.



STAY CONNECTED