



## 羅漢果茶とは

What is Lakanka tea?

自然なコクのある甘さで心と身体を癒す、褐色のお茶です。

It is brown tea that heals the mind and body with a naturally rich, sweet flavor.

## 羅漢果茶の飲み方

### How to Drink Lakanka Tea

1

羅漢果の実を1個砕き、  
ティーバッグに入れる

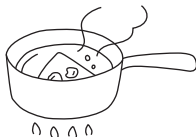
Crush one piece of monk fruit  
and put it into a tea bag.



2

鍋に(1)と水2Lを入れ、  
中火で20～30分煎じる

Put the tea bag and 2L  
of water in a pot. Brew it for  
20 to 30 minutes on medium heat.



3

好みの濃さになったら、  
火を止め完成

Turn off the heat once it has been  
brewed to the desired strength  
and enjoy.



お好みで生姜を入れて、お楽しみください