



# Shake it up

this Valentine's Day

Say "I love you" to your body and your beau this Valentine's Day by adding **Annique's Vanilla Lifestyle Shake** to a delicious dessert!

**Annique Rooibos Lifestyle Shakes** boast Annique's famous Rooibos extract, which has antioxidant, anti-spasmodic, anti-allergic and anti-inflammatory benefits. So it is not only packed with healthy vitamins and minerals, but tastes great too!

**The Lifestyle Shakes are:**

- A great meal-on-the-go
- The perfect snack
- Good support during illness
- Safe for children
- Safe for diabetics
- Good for weightloss
- High in antioxidants that assists in reducing ageing and disease



## Panna Cotta with Berry Sauce



Makes 8 to 10 panna cottas

**Ingredients**

- 15ml gelatine
- 250ml yoghurt or buttermilk
- 45ml water
- 90ml Annique Rooibos Lifestyle Shake (vanilla flavour)
- 250ml cream
- 45ml sweetener like Xylitol
- 250ml full cream milk
- A few sprigs of mint for garnishing

**Method**

- Sprinkle the gelatine over the water and leave to sponge.
- Heat in the microwave until melted – do not allow to boil.
- Mix the cream, milk, yoghurt or buttermilk and Lifestyle Shake well, making sure the shake is completely dissolved.
- Slowly add the gelatine and sweetener and stir well.
- Pour into small coffee cups sprayed with non-stick spray.
- Place in the fridge overnight until set.
- Unmould each on a side plate and serve with the berry sauce. Decorate with mint.

### Berry Sauce

**Ingredients**

- 400g frozen berries
- 25ml sweetener, like Xylitol
- 250ml cranberry juice
- 5ml lemon juice

**Method**

- Place all the ingredients in a bowl and heat in the microwave or on the stove until the sauce is reduced and not runny.
- Drizzle over the panna cotta and serve.