# LOVE chocolate

Valentine's Day doesn't need to be a day of overindulgence. Skip the calories this year and indulge in a dreamy dessert made with our Chocolate Rooibos Lifestyle Shake. You deserve a spoil!

Annique Rooibos's new and improved Rooibos Lifestyle Shake is a premium supplement with a unique blend of components to help replace and maintain your body's nutrient levels. This incredible new formulation now contains the followina:



54% less carbohydrates



More protein and good fats for sustainable energy



23 Vitamins and minerals to support good health



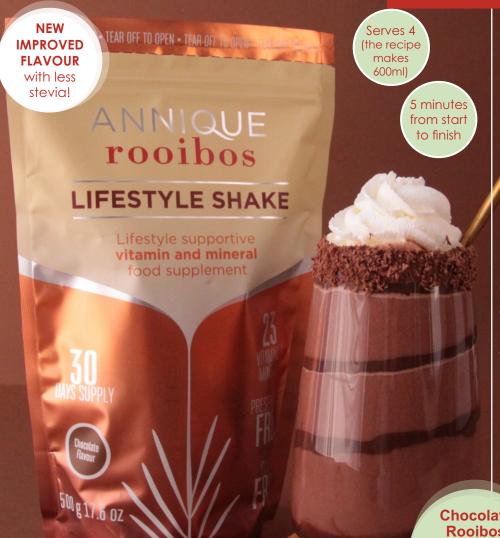
One month's supply (33 servings)

We drink the Chocolate Shake mixed with double cream yoghurt made into a smoothie with chia seeds and cinnamon. Some mornings we add fruit. My husband loves the flavour.

# **Mary-Ann Pretorius**

**Fay Coetser** 

# **Indulgent Chocolate Semifreddo**



# You need

1 frozen banana

2 scoops Chocolate Rooibos Lifestyle Shake

30ml nut butter of your choice

250ml milk of your choice

15ml unsweetened cocoa powder

### Do this

Combine all ingredients in a blender. Pour into small glasses.

Serve semi-frozen (run a fork through it to break up the ice crystals), or if you want to make it on service, pour it over ice or add two ice cubes to the blender (this will result in a dessert-smoothie). Top with whipped cream (it is Valentine's Day!), cocoa nibs or grated dark chocolate.

# Elevate it!

Add shredded coconut on top for a layer of crunch.

Paint some chocolate nut butter inside the glass before pouring in the dessert.

Chocolate Rooibos Lifestyle Shake 500g

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