

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 following:



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

“ I mix the new Chocolate Shake with milk, and it tastes much better than the previous one... darker and more chocolatey. ”

Fay Coetser

Indulgent Chocolate Semifreddo

NEW IMPROVED FLAVOUR
with less stevia!

ANNIQUE
rooibos
LIFESTYLE SHAKE

Lifestyle supportive
vitamin and mineral
food supplement

30
DAYS SUPPLY

Chocolate
Flavour

500g 17.6 OZ

Serves 4
(the recipe
makes
600ml)

5 minutes
from start
to finish

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

LSLSS23001

ANNIQUE
rooibos