



ALL BERRY SHAKE

INGREDIENTS:

10 Raspberries

10 Cranberries

5 Strawberries

1/2 Cup Coconut or

Almond Milk

2 Scoops PureNourish Natural

1/2 Cup Crushed Ice

1 Tablespoon Ground Coconut (to rim the glass)

6 Frozen Cranberries Chopped (for topping)

Coconut Chips optional

INSTRUCTIONS:

In a blender blend your liquid of choice with the PureNourish powder adding the remaining berries and ice. If not using the ice increase your liquid to 1 cup. When thoroughly smooth and combined serve and top with frozen chopped cranberries and dried coconut shavings in a coconut rimmed glass. To rim the glass run a cut lemon around the edge of the glass and dip the glass in the ground coconut.