

## SWEET AND TART VALENTINE' SHAKE



### **INGREDIENTS:**

- ½ Cup frozen Cranberries
- ½ Cup Water
- 2 Scoops PureNourish Natural
- ½ cup Crushed Ice
- 1 Teaspoon Lemon Juice

- Topping: PureNourish Power Boost Bark  
2 Teaspoons PureNourish Power Boost  
1 Tablespoon coconut Oil melted  
1 Tablespoon Chopped Walnuts

### **INSTRUCTIONS:**

Blend cranberries and water first. Add PureNourish with lemon juice and blend thoroughly. Turn blender on high and add ice. Serve and top with PureNourish Power Boost Bark Topping broken into small pieces.

To Make Topping: Wisk melted coconut oil with Power

Boost and sprinkle with walnuts. Spread thin in a small plate about a 6 inch circle. Freeze for 10 minutes.