

Almased Valentine Shake

1 Serving

257 calories per serving when using 8 tbsp Almased
[212 with 6 tbsp Almased / 302 with 10 tbsp Almased]

- 8 Tbsp Almased* (See chart above)
- 12 oz water
- 1/4 cup of frozen raspberries
- 1 Tbsp unsweetened **cacao** powder
- 1 tsp stevia
- Crushed ice



Pour water, crushed ice and frozen raspberries into a blender. Next add your own personal measured serving of Almased*. Add natural unsweetened cocoa powder. Add stevia, if desired. Start blender on low speed then blend on high for 30 seconds. Serve in chilled glass.

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