

ROOIBOS

THE RECIPE BOOK



ANNIQUE
rooibos

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“ *This book is more than recipes,
it’s a toolkit to spark confidence,
creativity and connection* ”



A GIFT FROM NATURE

Rooibos and Annique

Rooibos is so much more than just a fragrant cup of tea, it is a natural treasure full of benefits. Known for its rich antioxidants, soothing properties and caffeine-free composition.

Rooibos offers a healthy alternative that nourishes both body and soul. It supports wellbeing, promotes a healthy lifestyle and brings a sense of balance and calm.

At Annique Rooibos, we believe Rooibos is a gift meant to be shared. Since our beginnings, we have embraced the unique power of

Rooibos in health, skin care and lifestyle products and now we celebrate its versatility in the kitchen.

Our passion is to empower people with products and ideas that bring health and joy into everyday life.

The versatility of Rooibos in food is simply inspiring! It can be used to deepen flavours, refresh dishes and even add a surprising twist to familiar recipes. From refreshing drinks and aromatic marinades to decadent desserts, Rooibos adds a unique South African character and a healthy dimension to every creation.

This recipe book is an invitation to discover, enjoy and share Rooibos in new ways. May it fill your kitchen with creativity, wellbeing and the warmth of Annique's heart.



“ *Rooted in South Africa, Rooibos carries our heritage into kitchens around the world* ”

PANTRY CHECKLIST

To make the most of the recipes in this book, here's a **handy list of ingredients** to keep in your pantry and fridge.

With these basics on hand, you'll be ready to **whip up Rooibos-inspired** treats and drinks anytime!

Dry Goods & Baking Staples

Oat or Coconut Flour
 Rice or Chickpea Flour
 Ground almonds / almond flour
 Rolled Oats
 Pecan nuts
 Pistachios
 Walnuts
 Almond flakes
 Pumpkin seeds
 Dark chocolate
 Cocoa powder
 Chocolate shavings/curls
 Gelatine (*sachets*)
 Xylitol or preferred sweetener
 Coconut Sugar (*healthy alternative for castor sugar*)
 Baking powder
 Cream of tartar
 Pre-baked pastry case or puff pastry
 Rice or beans (*for blind baking*)
 Currants (*for soaking in Rooibos*)
 Frying Oils (*avocado oil, olive oil and peanut oil*)



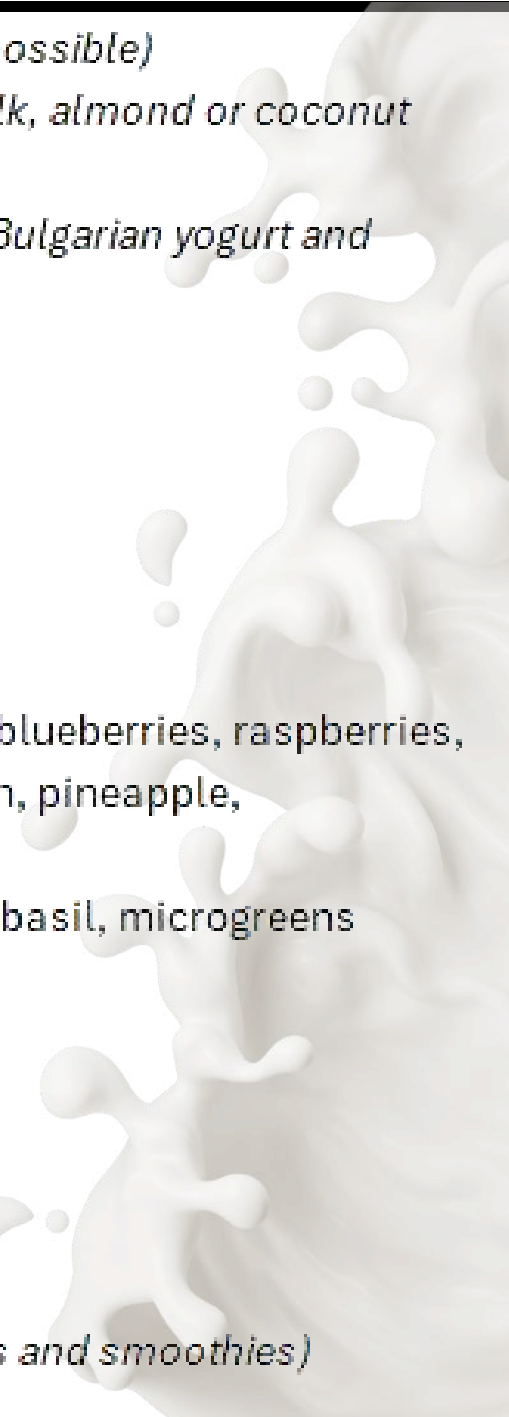
Spices & Flavorings

Cinnamon sticks
 Ground cinnamon
 Nutmeg
 Cardamom
 Cloves
 Vanilla essence
 Vanilla pod
 Almond essence or almond liqueur
 Caramel essence
 Instant coffee powder
 Ground cumin
 Ground coriander
 Chili flakes
 Cayenne powder
 Himalayan salt
 Salt
 Black peppercorns / ground black pepper
 White peppercorns
 Coriander seeds (*toasted*)
 Bay leaves



Fresh & Chilled Ingredients

Eggs (*large, free-range if possible*)
 Milk (*full cream, buttermilk, almond or coconut milk*)
 Cream (*whipping cream, Bulgarian yogurt and natural full cream yogurt*)
 Butter
 Ricotta
 Mascarpone
 Cottage cheese
 Cream cheese
 Halloumi
 Fresh fruit: strawberries, blueberries, raspberries, pears, litchis, watermelon, pineapple, gooseberries
 Fresh herbs: mint sprigs, basil, microgreens
 Fresh ginger
 Garlic
 Fresh red chili
 Lemons (*whole + juice*)
 Limes (*whole + juice*)
 Oranges (*whole + juice*)
 Frozen berries (*for sauces and smoothies*)
 Ice



Oils, Vinegars & Condiments

Olive oil
 Balsamic vinegar
 Honey
 Basil pesto

Annique Rooibos Essentials

Rooibos Sachets (*for spritzers, poaching, milk tart and infusions*)
 Lifestyle Shakes (*Vanilla, Chocolate and Strawberry*)
 Strongly brewed Rooibos (*for desserts, custards, marinades and drinks*)

Juices, Mixers & Garnishes

Cranberry juice
 Orange juice
 Strawberry juice
 Litchi juice
 Watermelon juice
 Pineapple juice
 Coconut water
 Coconut cream
 Coconut milk
 Soda water
 Sparkling wine (*for spritzer*)
 Red wine (*for sangria*)
 Vanilla ice cream (*optional serving for poached pears*)
 Coffee beans (*garnish for espresso martini*)



Spirits & Liqueurs

(*Optional Indulgences*)

Peppermint liqueur
 Amarula
 Vodka
 Vanilla vodka
 Triple sec / Orange liqueur
 Cherry liqueur
 Frangelico



Quick Measuring Guide

Cooking is easier when you know your measures. Use this guide as a quick reference:

1 teaspoon (tsp) = 5 ml
 1 tablespoon (Tbsp) = 15 ml
 1 cup = 250 ml
 ½ cup = 125 ml
 ⅓ cup = 80 ml
 ¼ cup = 60 ml
 *1 Rooibos Sachet = 1 Tsp loose Rooibos



APPETIZERS



ROOIBOS POACHED SALMON

Elevating salmon with the gentle touch of Rooibos



Recipe adapted from Gateway Magazine by Chef Floris Smith

INGREDIENTS

- 10** Annique Rooibos sachets
- 800ml** water
- 1** garlic clove (*peeled & crushed*)
- 1 finger** fresh ginger (*peeled & cut into julienne strips*)
- 5ml** white peppercorns
- 5ml** coriander seeds (*toasted*)
- 2** bay leaves
- 80ml** lemon juice
- 1 pod** vanilla (*sliced lengthways, seeds removed*)
- 1** fresh red chili (*seeds removed*)
- 720g** salmon (*cut into 180g portions*)
- pinch of** salt

PREP TIME 30 Minutes

COOK TIME 12 Minutes

**Serves up to 4*

INSTRUCTIONS

- Step 1** In a sauce-pan, mix the water, sachets, ginger, garlic, white peppercorns, coriander, bay leaves, vanilla, chili and lemon juice with a generous pinch of salt.
- Step 2** Bring to a boil, then turn down the heat and set aside to allow infusion for 3 - 5 minutes.
- Step 3** Strain the liquid back into the sauce-pan through a fine-mesh strainer and bring to a simmer.
- Step 4** Put the salmon fillets into the simmering Rooibos liquid and cook for 5 - 7 minutes until salmon is medium-rare (*the salmon should still be pink inside*).
- Step 5** Remove the salmon from the liquid.

Serve with steamed vegetables with a drizzle of basil pesto and enjoy!

ROOIBOS-INFUSED BEETROOT CARPACCIO

Earthy beet meets Rooibos elegance



Image for inspiration, not actual recipe photo

INGREDIENTS

- ½ cup** Annique Rooibos (cooled)
- 3** medium beetroots (*thinly sliced*)
- 2 tbsp** balsamic vinegar
- 1 tbsp** olive oil
- 50g** goats cheese (*crumbled*)
- 2 tbsp** pumpkin seeds (*toasted & caramelised*)
- microgreens (for garnishing)**

PREP TIME 20 Minutes

COOK TIME 45 Minutes

**Serves up to 4 - 6*

INSTRUCTIONS

- Step 1** Roast beetroots until tender, then cool and slice thinly.
- Step 2** Whisk Rooibos, balsamic and olive oil into a light dressing.
- Step 3** Arrange the beetroot slices on a platter and drizzle with dressing.
- Step 4** Top with goat's cheese, pumpkin seeds and microgreens.

Serve chilled as a refreshing starter!

DID YOU KNOW

Beetroot is naturally rich in nitrates, which help improve circulation, boost stamina and support heart health.

Goat's cheese adds calcium and protein, while pumpkin seeds bring magnesium and healthy fats that aid energy and muscle function.

Together in a dish like Beetroot Carpaccio, these ingredients create a plate that's not only vibrant and delicious but also nourishing, a perfect balance of flavour and wellness!

SAVOURY ROOIBOS & HERB

MINI MUFFINS

Golden bites infused with Rooibos & garden herbs



Image for inspiration, not actual recipe photo

INGREDIENTS

½ cup	Annique Rooibos (<i>strong, cooled</i>)
1 cup	flour
1 tsp	baking powder
1	egg
2 tbsp	olive oil
1 tsp	rosemary (<i>chopped</i>)
1 tsp	thyme (<i>chopped</i>)
pinch of	salt

PREP TIME 12 Minutes

COOK TIME 12 Minutes

**Serves up to 12 mini muffins*

INSTRUCTIONS

- Step 1** Pre-heat oven to 180°C.
- Step 2** Mix flour, baking powder, salt & herbs.
- Step 3** Whisk the egg, Rooibos and olive oil together.
- Step 4** Combine the dry and wet ingredients, mix well or until a batter has formed.
- Step 5** Spoon into mini muffin tins and bake for 12 - 15 minutes or until golden brown.

Serve warm with Rooibos-honey butter!

DID YOU KNOW

*Rosemary and thyme aren't just flavourful, they're packed with **natural compounds** that **support digestion** and **boost immunity**.*

*Olive oil adds **heart-healthy monounsaturated fats**, while **eggs** provide **protein** and **essential vitamins** for **energy**.*

*Together in a bite-sized muffin, these ingredients create a snack that's not only **savory and satisfying** but also **nourishing, a wholesome balance of taste and wellness!***

ROOIBOS-SPICED CHICKPEA CROQUETTES

Crunchy bites with Rooibos depth and spice



Image for inspiration, not actual recipe photo

INGREDIENTS

- ¼ cup** Annique Rooibos (*cooled*)
- 1 can** chickpeas (*drained*)
- ½ cup** rolled oats (*pulsing them into finer flakes*)
- 1 tsp** ground cumin
- 1 tsp** ground coriander
- 1** garlic clove (*minced*)
- 250ml** avocado oil, olive oil or peanut oil (for shallow frying)
- salt & pepper to taste

PREP TIME 15 Minutes

COOK TIME 8 Minutes

**Serves up to 12 croquettes*

INSTRUCTIONS

- Step 1** Mash chickpeas with Rooibos, garlic and spices.
- Step 2** Mix in the rolled oats until firm.
- Step 3** Shape into small balls or patties.
- Step 4** Fry in shallow oil until golden brown and crisp.

Serve with Rooibos-yogurt dip.

DID YOU KNOW

Chickpeas are a **powerhouse of plant protein** and **fiber**, helping to keep you **fuller for longer** while **supporting digestive health**.

Cumin and **coriander** aren't just flavours, they're **rich in antioxidants** and have been traditionally used to **aid digestion** and **reduce inflammation**.

Pumpkin seeds add **magnesium** and **zinc**, which **support energy, immunity** and **overall vitality**.

Together in a dish like Chickpea Croquettes, these ingredients create a snack that's crunchy, satisfying, and nourishing, a perfect balance of taste and wellness!

ROOIBOS-MARINATED HALLOUMI SKEWERS

Smokey skewers kissed by Rooibos and citrus



Image for inspiration, not actual recipe photo

INGREDIENTS

½ cup	Annique Rooibos (<i>strong, cooled</i>)
250g	halloumi (<i>cubed</i>)
1	fresh lemon (<i>juiced</i>)
1 tsp	chili flakes
1 tbsp	olive oil

PREP TIME 40 Minutes

COOK TIME 6 Minutes

**Serves up to 4 skewers*

INSTRUCTIONS

- Step 1** Mix Rooibos, lemon juice, chili flakes and olive oil.
- Step 2** Marinate halloumi cubes for 30 minutes.
- Step 3** Thread onto skewers.
- Step 4** Grill into golden brown and slightly charred.

Serve hot with extra marinade drizzled.

DID YOU KNOW

Halloumi is a rich source of protein and calcium, supporting strong muscles and healthy bones.

Lemon juice adds a burst of vitamin C, which boosts immunity and helps the body absorb iron more effectively.

Chili flakes don't just add heat, they contain capsaicin, a compound linked to improved metabolism and circulation.

Together in a dish like Halloumi Skewers, these ingredients create a flavourful bite that's both indulgent and nourishing!

ROOIBOS-INFUSED TOMATO BRUSCHETTA

Classic bruschetta elevated with Rooibos richness



Image for inspiration, not actual recipe photo

INGREDIENTS

- ½ cup** Annique Rooibos (*strong, cooled*)
- 1 cup** cherry tomatoes (*halved*)
- 1 tbsp** balsamic vinegar
- 1 tbsp** olive oil
- 1** low-carb bread (*sliced and toasted*)
- fresh basil leaves (for garnishing)**

PREP TIME 25 Minutes

COOK TIME 5 Minutes

**Serves up to 6 slices*

INSTRUCTIONS

- Step 1** Steep tomatoes in Rooibos for 15 minutes.
- Step 2** Drain and toss with balsamic and olive oil.
- Step 3** Spoon tomato mix onto toasted low-carb bread slices.
- Step 4** Garnish with fresh basil leaves.

Serve immediately!

DID YOU KNOW

Rooibos naturally enhances tomato's sweetness while reducing acidity, making bruschetta gentler on digestion.

By infusing the topping with Rooibos, you not only add depth of flavour but also unlock extra antioxidants.

Turning a simple slice of low-carb bread into a nutrient-rich bite with a distinctly South African twist!



DESSERTS



ROOIBOS

STRAWBERRY CHEESECAKE

A classic indulgence with a Rooibos twist



Recipe by Carmen Niehaus from YOU/Huisgenoot/Drum Magazine

INGREDIENTS

Almond Crust

- 300g** ground almonds
- 2 - 3** egg-whites (*slightly whisked*)

Filling

- 160ml** Annique Rooibos Lifestyle Shake (*Strawberry*)
- 10g** gelatine (*x1 sachet*)
- 30ml** water
- 90g** sweetener (*of your choice*)
- 250ml** fresh cream
- 2 x 250g** smooth cottage cheese
- fresh strawberries (*cut into slices for garnishing*)**

PREP TIME 20 Minutes

BAKE TIME 15 Minutes

SET TIME 3 Hours

**Serves up to 10 slices*

INSTRUCTIONS

Almond Crust

- Step 1** Combine the almonds and egg-whites, then press into the base and sides of an oblong loose-bottomed pie tin.
- Step 2** Place in the fridge for 10 minutes.
- Step 3** Bake for 15 minutes at 180°C till slightly straw coloured, then set aside to cool.

Filling

- Step 1** Sponge the gelatine over of water and then heat in the microwave until dissolved.
- Step 2** Beat the cream, cottage cheese, sweetener and shake well, then slowly mix in the gelatine while beating continuously.
- Step 3** Spoon into the prepare crust and chill until set, decorate with strawberries.

BAKED MARBLE CHEESECAKE

*Creamy decadence layered
with pecan crunch*



Recipe by Carmen Niehaus from YOU/Huisgenoot/Drum Magazine

INGREDIENTS

Crust

- 300g** pecannuts (*finely chopped*)
- 2 - 3** egg-whites (*slightly whisked*)

Filling

- 80ml** Annique Rooibos Lifestyle Shake (*Chocolate*)
- 3** eggs
- 90ml** sweetener (*of your choice*)
- 125ml** cream
- 2ml** coffee powder
- 750g** cream cheese
- dark chocolate shavings (*for garnishing*)**

PREP TIME 20 Minutes

BAKE TIME 45 Minutes

SET TIME 2 Hours

**Serves up to 10 slices*

INSTRUCTIONS

Crust

Step 1 Whipped the egg whites until frothy and add the pecan nuts.

Step 2 Mix well and press into the base of a well-buttered loose-bottom pie pan.

Filling

Step 1 Combine all the ingredients (*excluding the shake and coffee powder*) then divide the mixture in two-thirds and one-third. Spoon the two-thirds mixture into the buttered loose-bottomed pie tin.

Step 2 Now stir the shake and coffee powder into the one-third mixture until well mixed, then ladle spoonfuls of this mix over the filling in the pie pan. Use a toothpick to slightly mix the chocolate mix with the filling to create the marble effect.

Step 3 Bake for 45 - 60 minutes or until the filling has set. Leave to cool in the oven.

Serve and enjoy!

FLOURLESS CHOCOLATE CAKE

WITH CHOCOLATE YOGURT CREAM

A Rooibos twist on timeless chocolate elegance



Recipe by Carmen Niehaus from YOU/Huisgenoot/Drum Magazine

INGREDIENTS

- 60ml** Annique Rooibos Lifestyle Shake (*Chocolate*)
- 300g** dark chocolate (*grated/chopped*)
- 15ml** cornflour
- 100g** pecan nuts (*chopped*)
- 5** extra large eggs (*egg-white & yolk separated*)
- 1ml** cream of tartar
- 45ml** sweetener (*of your choice*)
- gooseberries and fresh mint (for garnishing)**

PREP TIME 20 Minutes

BAKE TIME 40 Minutes

SET TIME 30 Minutes

**Serves up to 10 slices*

INSTRUCTIONS

- Step 1** Preheat the oven to 160°C. Then butter a 23cm loose-bottom cake tin well.
- Step 2** Combine the chocolate and nuts, then place in the fridge.
- Step 3** Whisk the egg-yolk and shake until light & thick. Then whisk the egg-whites, cream of tartar and sweetener until stiff peaks form.
- Step 4** Sift the cornflour over the mixture and fold in. Then combine the nut mixture with the egg-yolk mixture, then fold in the whipped egg-whites and pour into the prepared cake tin.
- Step 5** Bake for 40 - 45 minutes until done and the cake has loosened from the sides.
- Step 6** Unmold and garnish with strips of dark and white chocolate, or you can use chocolate cream. Then decorate with gooseberries and mint. Serve with chocolate yogurt cream.

Chocolate Yogurt Cream

- *** Annique Rooibos Lifestyle Shake (*Chocolate*)
- 250ml** natural full cream yogurt
- 250ml** fresh cream (*whipped*)
- Mix everything together until shake has completely dissolved.

BAKED CUSTARD CUPS WITH VANILLA CREAM

Silky custard meets the creamy touch of Rooibos



Recipe by Carmen Niehaus from YOU/Huisgenoot/Drum Magazine

INGREDIENTS

- 60ml** Annique Rooibos Lifestyle Shake (*Vanilla*)
- 500ml** buttermilk
- 125ml** cream
- 6** eggs
- 45ml** sweetener (*of your choice*)
- pinch of** salt

gooseberries, whipped cream and a few sprigs of fresh mint (*for garnishing*)

PREP TIME 10 Minutes

BAKE TIME 45 Minutes

SET TIME 30 Minutes

**Serves up to 8 cups*

INSTRUCTIONS

- Step 1** Preheat the oven to 140°C. Then butter 6 to 8 ramekin bowls or ovenproof espresso cups.
- Step 2** Beat together all the ingredients until the shake has completely dissolved in the mixture. Then pour mixture into ramekin bowls or overproof espresso cups.
- Step 3** Carefully place the ramekins or cups in an oven-proof dish half filled with warm water, then cover with baking paper.
- Step 4** Bake for 35 - 40 minutes until just set.
- Step 5** Allow to cool and serve lukewarm or cold with vanilla cream, if desired. Then garnish with a dollop of cream, gooseberries and a sprig of fresh mint.

* **Vanilla Cream**

- 45ml** Annique Rooibos Lifestyle Shake (*Vanilla*)
- 250ml** natural full cream yogurt

Mix everything together until shake completely dissolved, bring to a boil slowly, while stirring until the sauce is cooked and thickend.

Serve and enjoy!

ROOIBOS MILK TART

*A South African classic infused
with Rooibos warmth*



Recipe adapted from Gateway Magazine by Chef Floris Smith

INGREDIENTS

Pastry

500g	coconut flour
250g	butter
190ml	water
100ml	fine xylitol (<i>powdered</i>)
1	egg (<i>free-range if possible</i>)
pinch of	salt

Filling

250ml	Annique Rooibos (<i>strong, leave Rooibos sachets to brew for 5 minutes</i>)
1.25l	milk (<i>of your choice</i>)
2 tbs	butter
4 tbs	coconut flour
2 tbs	rice flour
125ml	sweetener (<i>of your choice</i>)
6	eggs (<i>free-range if possible</i>)
2	cinnamon sticks
	ground cinnamon (<i>sprinkled over the surface after cooled for garnishing</i>)

PREP TIME 25 Minutes
BAKE TIME 40 Minutes
SET TIME 2 Hours
**Serves up to 10 slices*

INSTRUCTIONS

Pastry

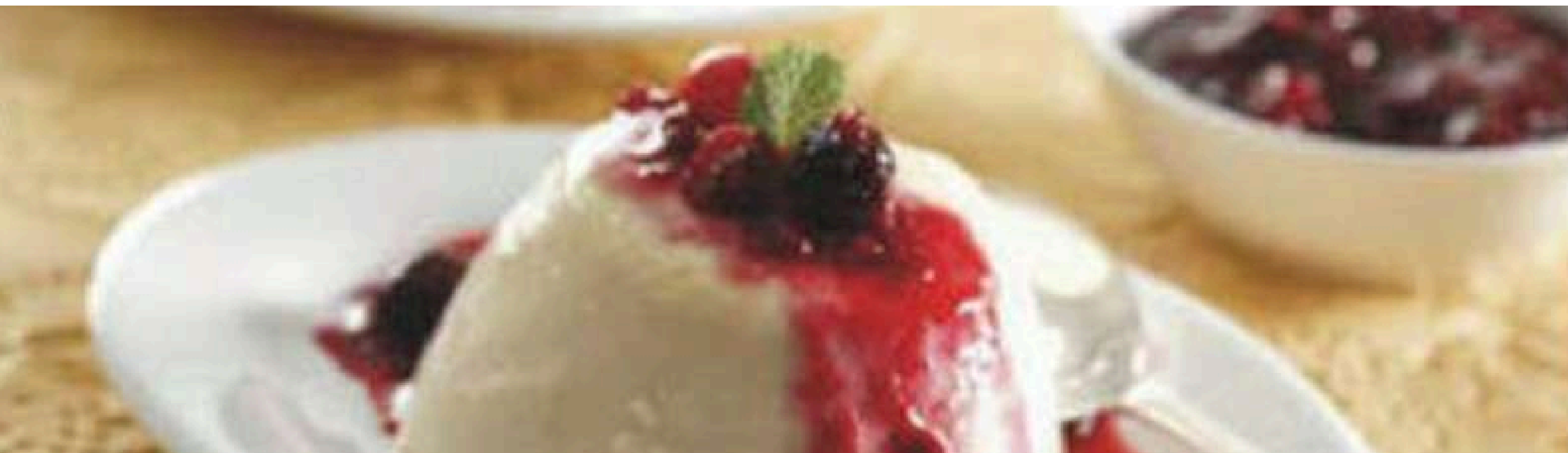
- Step 1** Mix the flour and salt, then rub the butter into the flour.
- Step 2** Combine the egg, castor sugar and water, then mix in with the flour mixture until a pastry forms, place in the fridge for 1 hour.
- Step 3** Remove from fridge, roll the pastry out and blind bake (*cover with baking paper and fill with dry beans or rice*) in a loose-bottomed pie tin at 145°C for 30 minutes.

Filling

- Step 1** In a saucepan, bring the milk, butter, Rooibos and cinnamon sticks to a boil. Then turn off the heat.
- Step 2** In a mixing bowl, whisk together the eggs and fine xylitol until pale and creamy, then add the flour and rice flour.
- Step 3** Strain the milk mixture, then add the egg mixture and pour into saucepan.
- Step 4** Cook over low-heat, stirring continuously until the mixture thickens, usually about 10 minutes.
- Step 5** Pour the cooked mixture into the cooled pastry, dust with ground cinnamon and refrigerate for 2 hours then drizzle with a little honey.

PANNACOTTA WITH BERRY SAUCE

Where elegance meets fruity freshness



Recipe by Carmen Niehaus from YOU/Huisgenoot/Drum Magazine

INGREDIENTS

90ml	Annique Rooibos Lifestyle Shake (<i>Vanilla</i>)
15ml	gelatine
250ml	yogurt or buttermilk
45ml	water
250ml	cream
45ml	sweetener (<i>of your choice</i>)
250	milk (<i>of your choice</i>)
	few sprigs of fresh mint (<i>for garnishing</i>)

PREP TIME 10 Minutes

SET TIME Overnight

**Serves up to 8*

INSTRUCTIONS

- Step 1** Sprinkle the gelatine over the water and leave to sponge.
- Step 2** Heat for a few seconds in the microwave until melted. Do not allow to boil.
- Step 3** Mix the cream, milk, yogurt / buttermilk with the shake and shake well (*until the shake has completely dissolved*).
- Step 4** Slowly add the gelatine, sweetener and stir well. Pour into round bottom tea / coffee cups that is sprayed with non-stick cooking spray.
- Step 5** Place in the fridge overnight until set.
- Step 6** Unmold each on a small side / dessert plate and serve with a berry sauce and garnish with the fresh mint sprig.

* **Berry Sauce**

400g	frozen berries
25ml	sweetener (<i>of your choice</i>)
250ml	cranberry juice
5ml	lemon juice

Place all ingredients in a small-pot and heat until the sauce has reduced and is no longer runny. Pour over the Pannacotta

Serve and enjoy!

RICOTTA TRIFLE

*A trifle that's anything
but ordinary*



Recipe by Carmen Niehaus from YOU/Huisgenoot/Drum Magazine

INGREDIENTS

Ricotta Mixture

- 100g** roasted almond flakes
- 50g** shelled pistachio nuts
- 50g** currents (*soaked in Annique Rooibos*)
- 300g** ricotta
- 125ml** mascarpone or whipped cream
- few drops of almond essence or almond liqueur**

Chocolate Sauce

- 60ml** Annique Rooibos Lifestyle Shake (*Chocolate*)
- 500ml** milk (*of your choice*)
- 15ml** sweetener (*of your choice*)
- 20ml** rice flour

INSTRUCTIONS

Ricotta Mixture

- Step 1** Mix the almond flakes, pistachio nuts and cranberries with the ricotta.
- Step 2** Flavour the cream with a few drops of the almond essence or almond liqueur.
- Step 3** Mix flavoured cream and ricotta mixture together.

Chocolate Sauce

- Step 1** Spoon the shake powder into a pot and add 250ml of the milk, beat well or until the shake has completely dissolved.
- Step 2** Add the rest of the milk, sweetener and rice flour, then bring to a boil stirring continuously.
- Step 3** Allow to cool slightly. Then alternate layers of the ricotta mixture and chocolate in a dessert-glass and garnish with chopped almond slivers.

PREP TIME 20 Minutes

BAKE TIME 10 Minutes

SET TIME 4 Hours

**Serves up to 6*

FLUFFY STRAWBERRY DESSERT

A cloud-light strawberry delight with creamy shake freshness



Recipe by Carmen Niehaus from YOU/Huisgenoot/Drum Magazine

INGREDIENTS

- 60ml** Annique Rooibos Lifestyle Shake (*Strawberry*)
- 15ml** gelatine
- 500ml** bulgarian yogurt
- 25ml** water
- 250ml** fresh cream (*whipped*)
- 45ml** sweetener (*of your choice*)
- pureed strawberries (*for serving*)
- fresh strawberries and sprigs of fresh mint (*for garnishing*)**

PREP TIME 15 Minutes

SET TIME 3 Hours

**Serves up to 6*

INSTRUCTIONS

- Step 1** Sprinkle the gelatine over the water and leave to sponge.
- Step 2** Heat for a few seconds in the microwave until melted. Do not allow to boil.
- Step 3** Mix the bulgarian yogurt with the shake and whisk well (*until the shake has completely dissolved*).
- Step 4** Slowly add the gelatine, sweetener and stir well. Now fold the mixture into the whipped cream.
- Step 5** Spoon into dessert glasses and chill in the fridge until set.
- Step 6** Garnish with fresh Strawberry and sprigs of fresh mint.

Serve with pureed strawberry and enjoy!

SWEET TIP

Strawberries are naturally rich in vitamin C, which **supports immunity** and **skin health**.

Paired with **Rooibos and creamy yogurt**, this dessert is as nourishing as it is indulgent.



ROOIBOS POACHED PEARS

A delicate dessert steeped in Rooibos warmth



Recipe by Valli Little adapted from taste.com/au

INGREDIENTS

- 2** Annique Rooibos Sachets
- 220g** coconut sugar or fine xylitol (*powdered*)
- 4** pears (*peeled & cored*)
- 1.5l** water

PREP TIME 10 Minutes

BAKE TIME 15 Minutes

**Serves up to 4 pears*

INSTRUCTIONS

- Step 1** Combine the coconut sugar or fine xylitol (*powdered*), Rooibos and the water in a sauce-pan over medium heat.
- Step 2** Bring to the boil, then remove from heat then set aside to infuse for 10 minutes.
- Step 3** Bring to the boil again, add the pears and cover with baking-paper. Cook for 15 minutes or until tender, then remove the pears and set aside.
- Step 4** Cook the liquid for a further 10 minutes or until it has become a syrup.

Serve with vanilla ice cream, drizzle the syrup over and enjoy!

DID YOU KNOW

Rooibos is naturally caffeine-free and packed with antioxidants that support ***heart health*** and ***reduce inflammation.***

Pears, on the other hand, are rich in fibre and vitamin C, ***helping with digestion*** and ***boosting immunity.***

When paired together in a dessert like Rooibos Poached Pears, you get a treat that's not only delicious but also nourishing, a perfect balance of wellness and indulgence!

DRINKS



ANNIQUE ROOIBOS &

BLUEBERRY SPITZER

Where radiance meets refreshment



Recipe adapted from foodnetwork.com

INGREDIENTS

- 6** Annique Rooibos Sachets
- 2 cups** blueberries
- 2 cups** fresh mint (*roughly chopped*)
- 1½ cups** water
- 1 cup** ice
- sparkling wine (*of your choice*)
- sweetener (*of your choice*) to taste

PREP TIME 10 Minutes

BLEND TIME 10 Minutes

SET TIME 1 Hour

**Serves up to 4 tall glasses*

INSTRUCTIONS

- Step 1** Bring 1 cup of water to a boil over medium-high heat. When boiling turn off heat, add the Rooibos sachets and let steep for 5 minutes then discard the Rooibos sachets.
- Step 2** Stir in ice until completely melted, then pour the Rooibos into a measuring cup and let it chill in the fridge until completely chilled, about 30 minutes.
- Step 3** While the Rooibos is chilling, dissolve the sweetener of choice in ½ cup water over medium heat, stirring occasionally, about 1 minute, turn off the heat, then stir in the mint leaves until completely wilted, let cool completely, about 30 minutes.
- Step 4** Now strain the cooled mint syrup, then press leaves in strainer with wooden spoon (this will extract as much liquid as possible) discard mint once done.
- Step 5** Add fresh blueberries to syrup mix and mash slightly leaving a few whole blueberries, then add chilled Rooibos and stir to combine.
- Step 6** Now top tall glasses with ice, divide the blueberry mixture and top with your favourite sparkling wine and garnish with a sprig of mint.

Serve and enjoy!

CITRUS ROOIBOS SPARKLER

*A Sparkling burst of
Rooibos & citrus*

Non-Alcoholic Beverage



Image for inspiration, not actual recipe photo

INGREDIENTS

- 1 cup** Annique Rooibos (*strong, chilled*)
- 1** fresh orange (*juiced*)
- ½** fresh lime (*juiced*)
- 4 cups** soda water
- fresh mint leaves (for garnishing)**

PREP TIME 8 Minutes

SET TIME 15 Minutes

**Serves up to 4 tall glasses*

INSTRUCTIONS

- Step 1** Mix Rooibos with orange and lime juice.
- Step 2** Pour into tall glass filled with ice.
- Step 3** Top with the soda water.
- Step 4** Garnish with mint.

Serve and enjoy!

DID YOU KNOW

Lime and orange juice is rich in vitamin C, which supports immunity and helps the body absorb iron more effectively.

Rooibos adds natural antioxidants that may reduce inflammation and promote heart health, all without caffeine.

Together, they create a sparkling sip that's hydrating, refreshing, and full of wellness.

Vitality can be both zesty and soothing!

ROOIBOS BERRY SANGRIA

*A fruity Rooibos punch with
a festive twist*



Image for inspiration, not actual recipe photo

INGREDIENTS

- 2 cups** Annique Rooibos (*strong, chilled*)
- 1 cup** strawberries
- 1 cup** blueberries
- 1 cup** raspberries
- 4 cups** red wine (*of your choice*)
- orange, lemon & lime (*slices*)

PREP TIME 10 Minutes

SET TIME 1 Hour

**Serves up to 4 tall glasses*

INSTRUCTIONS

- Step 1** Combine the Rooibos, berries and citrus slices in a jug.
- Step 2** Chill for 1 hour in the fridge for the ingredients to infuse.
- Step 3** Add wine.

Serve with ice and enjoy!

DID YOU KNOW

Berries like strawberries, blueberries and raspberries are rich in polyphenols, which may help improve circulation and protect against oxidative stress. Red wine, when enjoyed in moderation, contains resveratrol, a compound linked to cardiovascular wellness.

Together, these ingredients create a sangria that's not only bold and beautiful, but also brimming with benefits!

ROOIBOS & GINGER COOLER

*Zesty Rooibos refreshment
with a ginger kick*

Non-Alcoholic Beverage



Image for inspiration, not actual recipe photo

INGREDIENTS

- 1 cup** Annique Rooibos (*strong, chilled*)
 - 2 tbsp** fresh ginger juice
 - 1 tbsp** honey
 - 1 cup** ice
- slice of ginger and a sprig of fresh mint (for garnishing)**

PREP TIME 8 Minutes
SET TIME 10 Minutes
**Serves up to 4 tall glasses*

INSTRUCTIONS

- Step 1** Mix Rooibos with ginger juice and honey until completely blended.
- Step 2** Pour into a glass with ice.
- Step 3** Garnish with a slice of ginger and a sprig of mint.

Serve and enjoy!

DID YOU KNOW

*Ginger contains **gingerol**, a natural compound known for its **anti-inflammatory** and **digestive benefits**. Sweetened with **honey**, this cooler offers a **gentle energy lift** and **immune support**, making it a refreshing way to hydrate and heal.*

ROOIBOS & COCONUT CHILL

*Tropical Rooibos indulgence
with creamy coconut*



Non-Alcoholic Beverage

Image for inspiration, not actual recipe photo

INGREDIENTS

- 1 cup** Annique Rooibos (*strong, chilled*)
- ½ cup** coconut water
- ½ cup** pineapple juice
- ½ tsp** vanilla essence
- 1 cup** ice
- pineapple wedge (for garnishing)***

PREP TIME 8 Minutes

SET TIME 10 Minutes

**Serves up to 4 tall glasses*

INSTRUCTIONS

- Step 1** Shake the Rooibos, coconut water, pineapple juice and vanilla essence together.
- Step 2** Pour over ice in a tall glass.
- Step 3** Garnish with a pineapple wedge.

Serve and enjoy!

DID YOU KNOW

Coconut water is naturally hydrating and **rich in electrolytes**, making it a gentle way to replenish after activity or heat.

Pineapple juice contains **bromelain**, an enzyme that supports digestion and may reduce inflammation.

While **vanilla essence** brings **calming aromatics** that round out the chill.

Together, this blend is a tropical escape with functional flair, refreshing, nourishing and beautifully balanced!

ROOIBOS ESPRESSO

MARTINI TWIST

Bold espresso meets Rooibos sophistication



Image for inspiration, not actual recipe photo

INGREDIENTS

- ½ cup** Annique Rooibos (*strong, cooled*)
 - 1 shot** espresso
 - ½ tsp** caramel essence
 - 1 shot** vanilla vodka
 - 1 cup** ice
- coffee beans (for garnishing)**

PREP TIME 5 Minutes

SHAKE TIME 2 Minutes

**Serves up to 2 cocktails*

INSTRUCTIONS

- Step 1** Combine Rooibos, espresso, caramel essence and vanilla vodka.
- Step 2** Shake vigorously until chilled.
- Step 3** Strain into a martini glass.

Serve and enjoy!

DID YOU KNOW

Espresso delivers a bold kick of natural caffeine, while vanilla vodka and caramel essence round out the flavor with warmth and depth.

This cocktail blends indulgence with balance, perfect for those who want a refined edge without the jitters.

BONUS SECTION

Annique Rooibos Lifestyle Shake Pairing Guide

As a special addition to this recipe book, we've included the Annique Rooibos Lifestyle Pairing Guide, a practical companion to help you enjoy our Rooibos Lifestyle Shakes in harmony with everyday meals and treats.

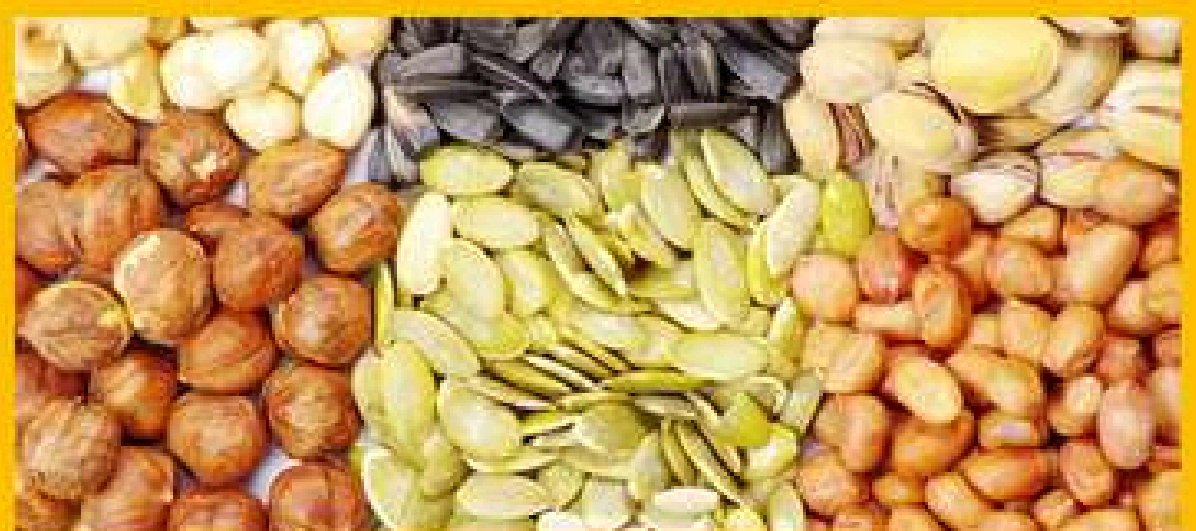
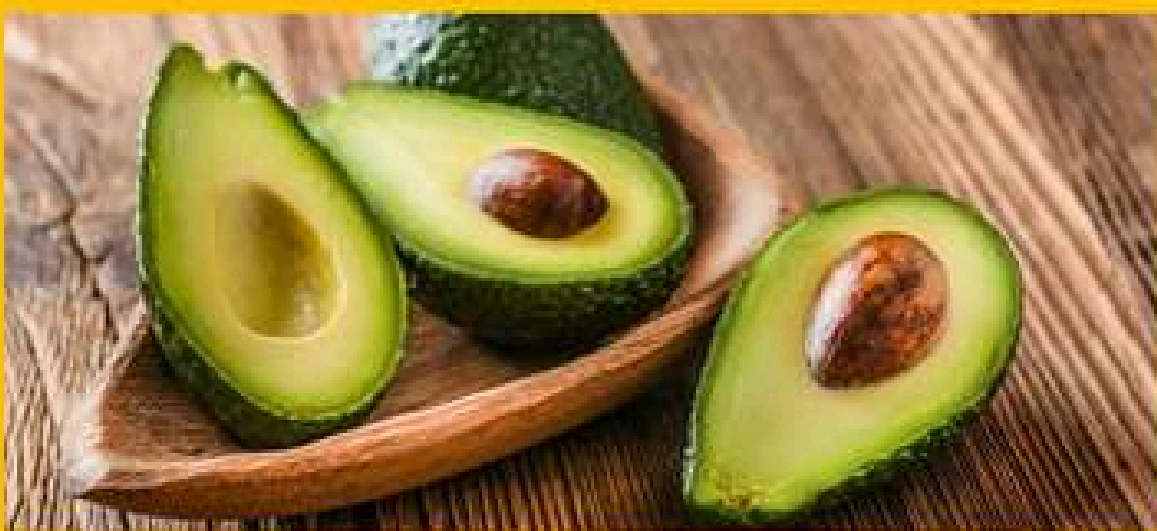
From energizing breakfast pairings to indulgent dessert combinations, this guide offers simple, inspiring ideas to elevate your shake experience and bring balance, flavour and joy to your lifestyle.

GOOD TO KNOW

WHEN EXPERIMENTING WITH THE ANNIQUE LIFESTYLE SHAKES

Healthy Fats

- Feel fuller for longer
- Provides essential fatty acids
- Nuts and seeds add crunch



Veggies and (some) Fruit



- Adds fibre and antioxidants
- Green veg is best
- Use fruit sparingly: berries, figs and plums



Herbs and Spices



- Play with flavours
- Fresh herbs add nutrients
- Spices add depth of flavour



Vanilla Flavour Pairings

Cream

Coconut milk

Almonds or almond milk

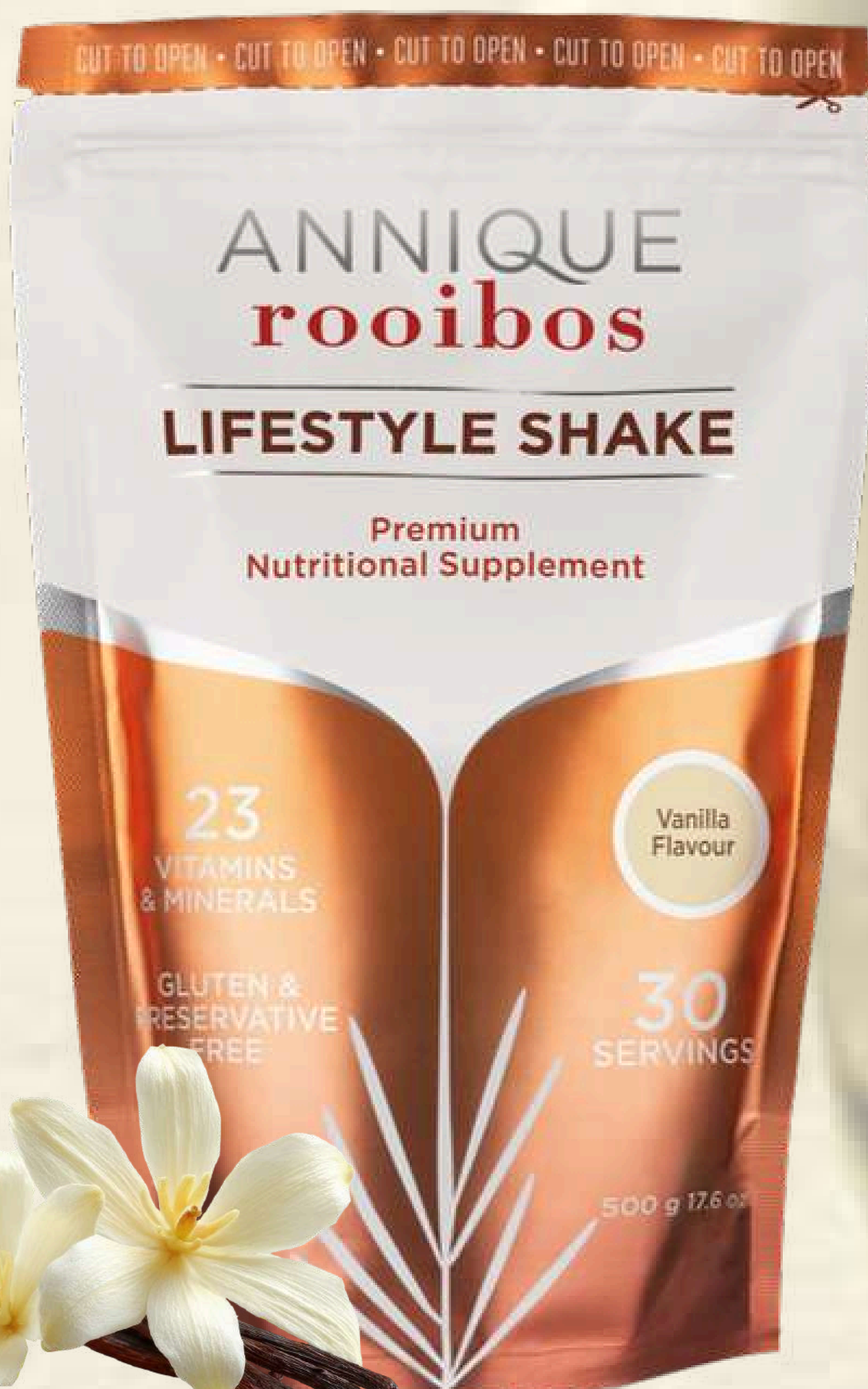
Strawberries*

Other berries*

Cinnamon

Cardamom

Cloves



BERRY BOMB SMOOTHIE

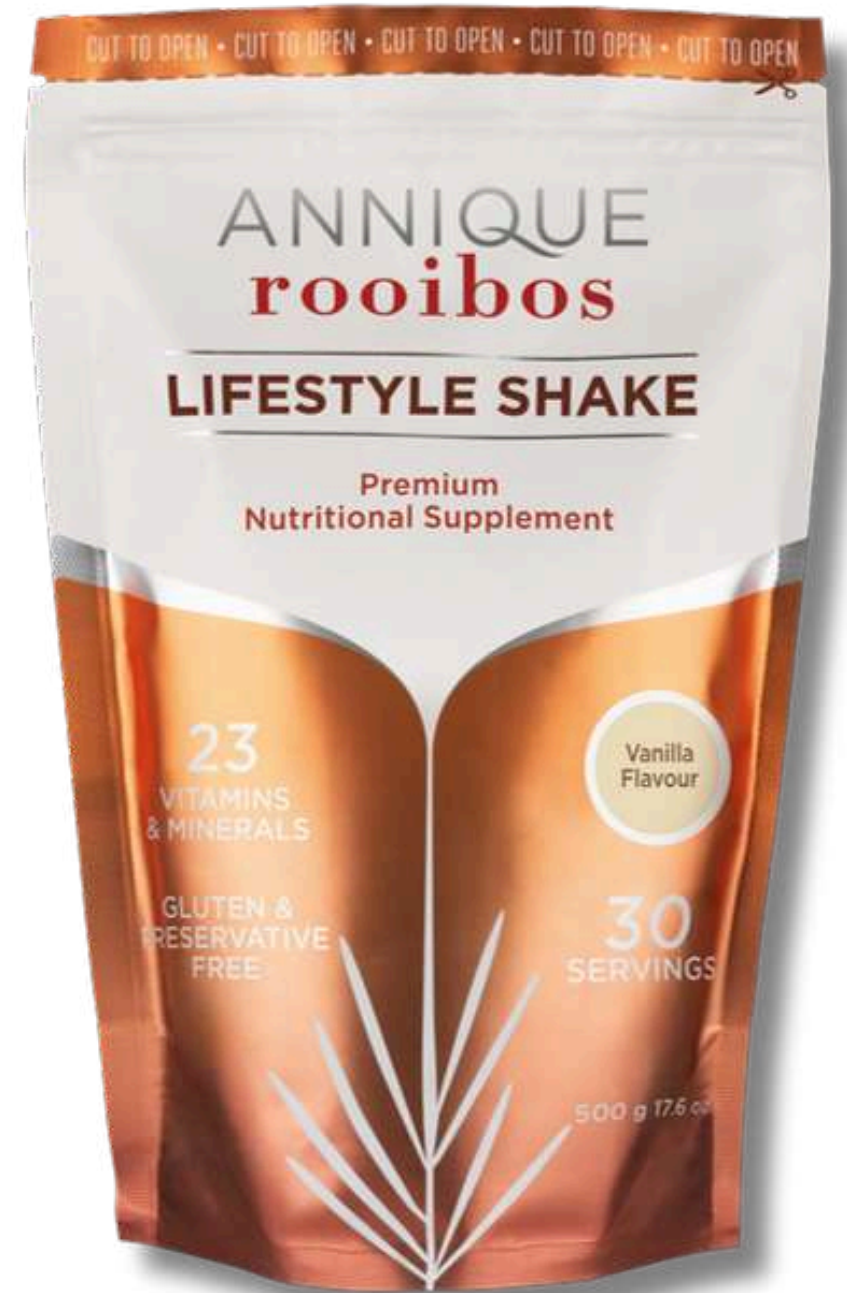
*Explosive blueberry flavour,
balanced by vanilla vitality*

Non-Alcoholic Beverage



INGREDIENTS

- 2 scoops** Annique Lifestyle Shake (Vanilla)
- ½ cup** blueberries (*frozen or fresh*)
- ¼ cup** coconut cream
- ¼ cup** almond or coconut milk
- ½ cup** coconut (*shredded or fresh*)
- ½ tsp** cinnamon
- ½ cup** water
- ½ cup** ice
- fresh mint sprigs (for garnishing)**



INSTRUCTIONS

- Step 1** Blend everything together.
- Step 2** Garnish with fresh blueberries and a sprig of mint.

Serve and enjoy!

DID YOU KNOW

Blueberries are rich in antioxidants that support brain health and fight free radicals.

Combined with **Rooibos**, which is naturally caffeine-free and heart-friendly, this smoothie becomes a **powerhouse of wellness and flavour.**



COCO LOCO SMOOTHIE

Tropical indulgence with a Rooibos lifestyle twist



INGREDIENTS

- 2 scoops** Annique Lifestyle Shake (Vanilla)
- ½ cup** Annique Rooibos & Ginger
- ¼ cup** coconut milk
- ½ cup** pineapple
- ½ tsp** ground ginger
- ½ tsp** ground cinnamon
- ½ tsp** ground turmeric
- ½ cup** water
- ½ cup** ice

INSTRUCTIONS

- Step 1** Blend everything together.

Serve and enjoy!



DID YOU KNOW

Coconut provides healthy fats for sustained energy, while **pineapple** is packed with vitamin C to boost immunity.

Rooibos adds anti-inflammatory benefits, making this **tropical blend** both **refreshing and nourishing**.

DREAMY NUT BUTTER SMOOTHIE

*Nutty richness swirled into
Rooibos shake delight*



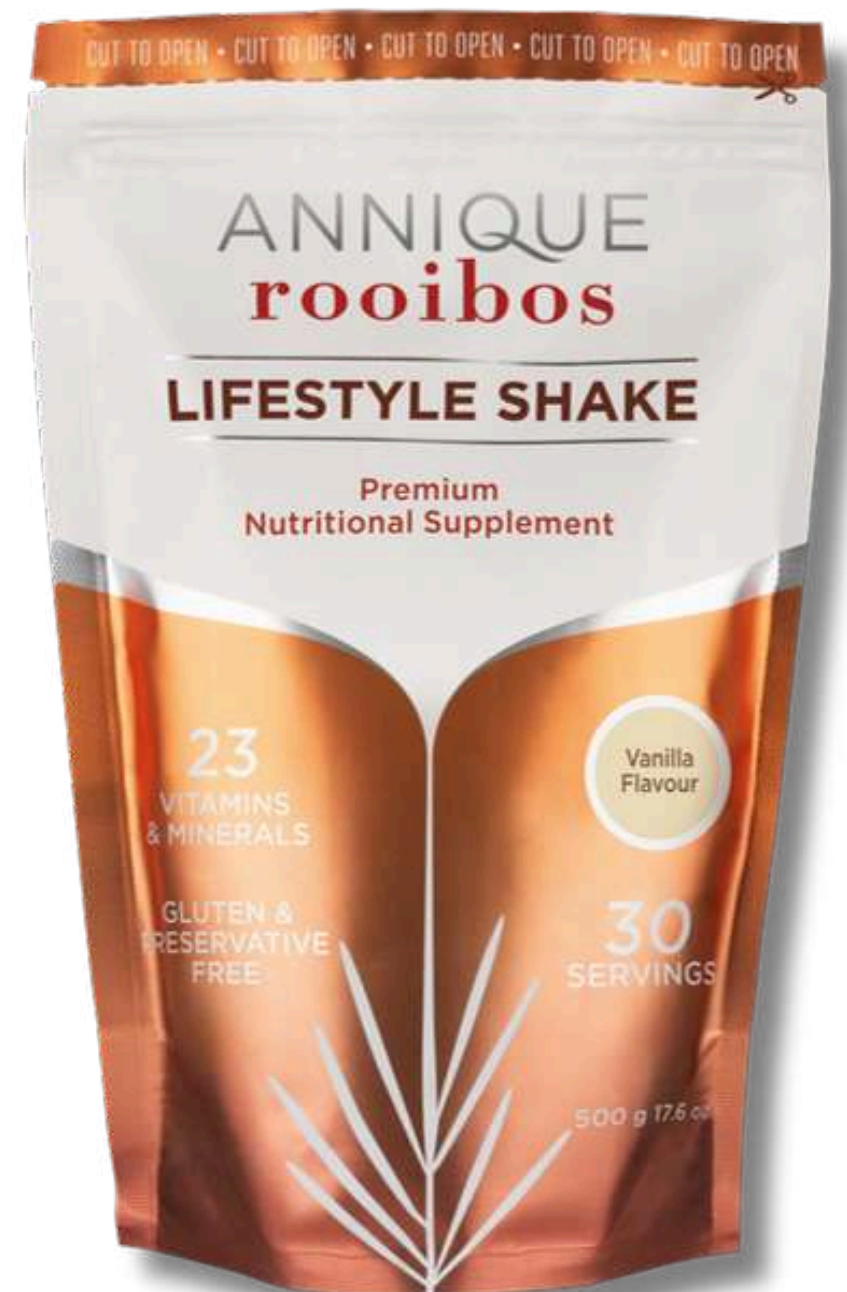
INGREDIENTS

- 2 scoops** Annique Lifestyle Shake (Vanilla)
- ½ cup** nut butter (of your choice)
- ¼ cup** banana
- ¼ cup** ground cinnamon or nutmeg
- 250ml** water
- 1 cup** ice
- almond slices (for garnishing)**

INSTRUCTIONS

- Step 1** Blend everything together.
- Step 2** Garnish with almond slices.

Serve and enjoy!



DID YOU KNOW

Almonds and **peanuts** are excellent sources of protein and healthy fats, while **bananas** provide potassium for muscle function.

Rooibos complements this with antioxidants, creating a smoothie that **fuels both body and mind.**

JAVA JIVE SHAKE

*Espresso energy lifted by
Rooibos lifestyle balance*



INGREDIENTS

2 scoops Annique Lifestyle Shake (*Vanilla*)

250ml milk or cream

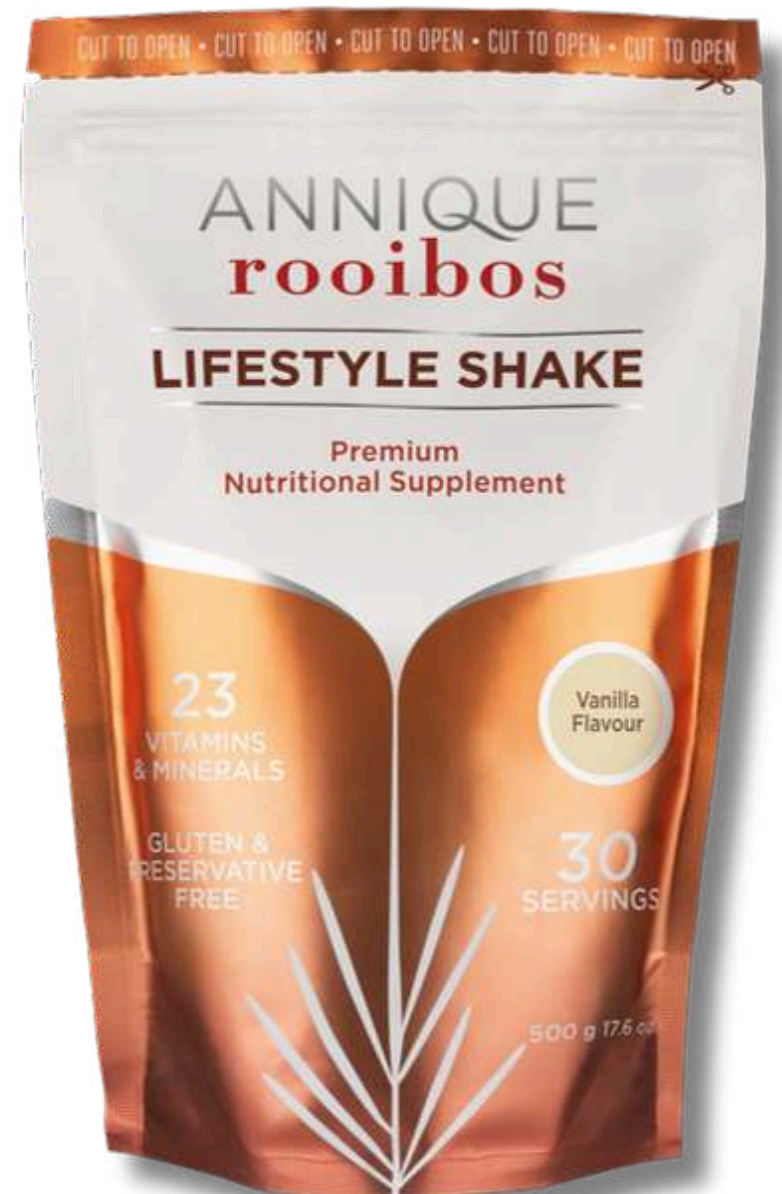
2 shots espresso

½ tsp ground cinnamon

250ml water

1 cup ice

cinnamon stick (for garnishing)



INSTRUCTIONS

Step 1 Blend everything together.

Step 2 Garnish with fresh cinnamon stick and whole coffee-beans.

Serve and enjoy!



DID YOU KNOW

Coffee offers a natural energy boost, while
Rooibos helps reduce stress hormones
and supports **heart health**.

Together, they create a **balanced**
pick-me-up that's **indulgent yet gentle**
on the body.

JAVA JOY

Espresso elegance with a joyful kick

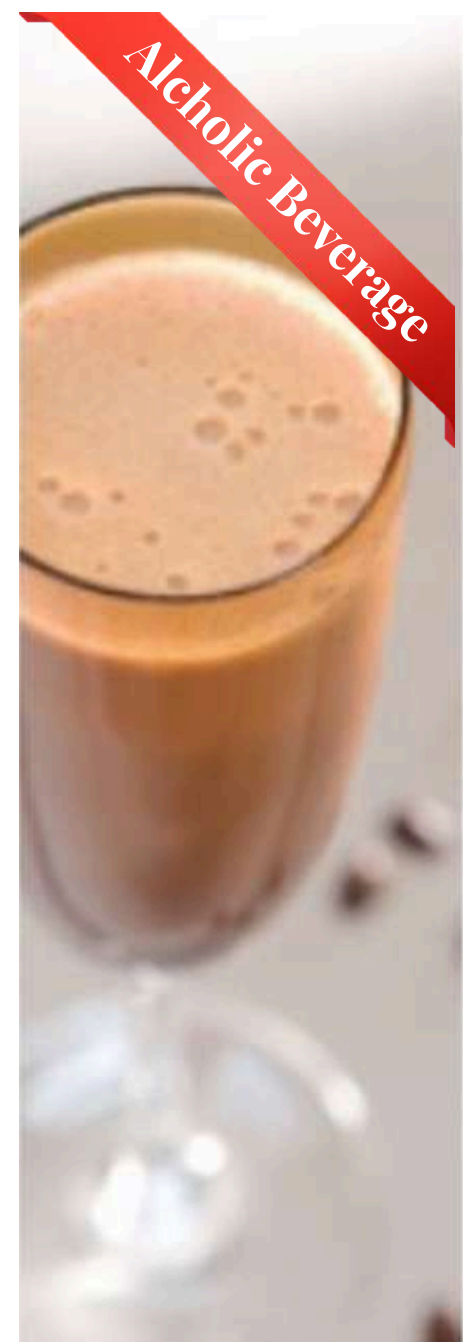
INGREDIENTS

- 2 scoops** Annique Lifestyle Shake (Vanilla)
- 250ml** black coffee (hot or cold)
- 4 shots** amarula liqueur
- caramel essence to taste
- 1 cup** ice (when going with the cold option)

INSTRUCTIONS

- Step 1** Blend everything together.

Serve and enjoy!



SPICE DREAM

A velvety vanilla shake with a spirited cherry twist

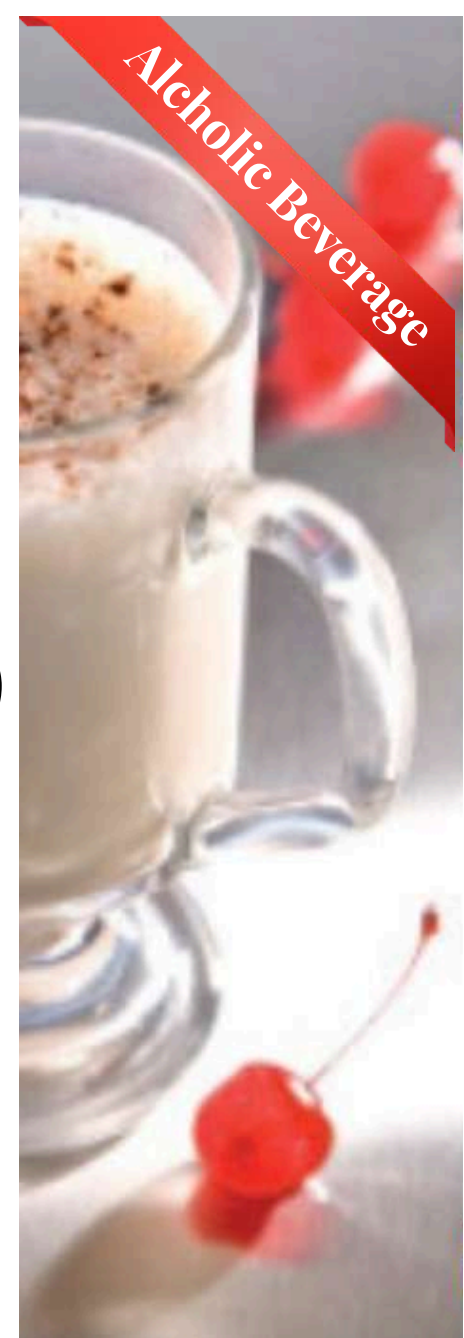
INGREDIENTS

- 2 scoops** Annique Lifestyle Shake (Vanilla)
- 250ml** hot milk
- 2 pinches** nutmeg
- 2 pinches** ground cinnamon or nutmeg
- 2 shots** cherry liqueur
- 1 cup** ice
- cinnamon powdered sugar (for garnishing)**

INSTRUCTIONS

- Step 1** Blend everything together.
- Step 2** Sprinkle with powdered cinnamon sugar.

Serve and enjoy!

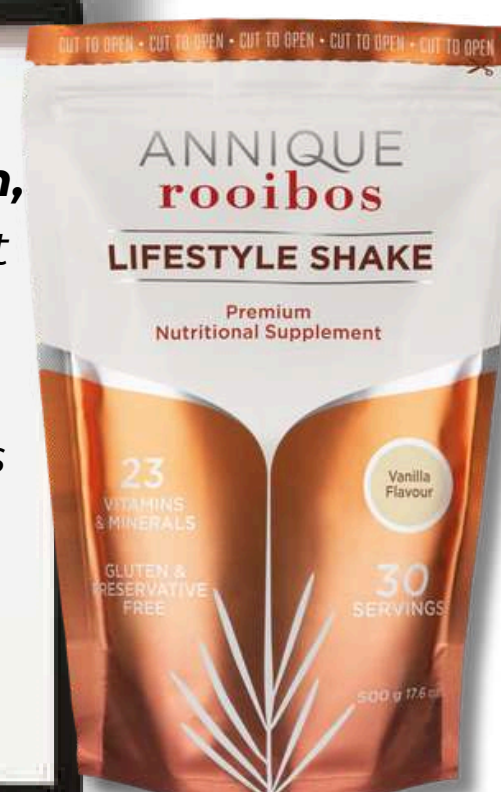


DID YOU KNOW

Lifestyle Shakes are packed with **protein, vitamins, and Rooibos** antioxidants that support wellness and vitality.

Adding a **splash of liqueur** or spirits doesn't just jazz up the flavour, it creates a **fun, celebratory treat** that blends **indulgence with nourishment.**

It's proof that balance can be both **delicious and joyful.**



LITCHIS & CREAM

Cool, creamy and bursting with exotic flavour



INGREDIENTS

- 2 scoops** Annique Lifestyle Shake (Vanilla)
- 250ml** fresh litchy juice
- 1 cup** ice
- lime juice to taste

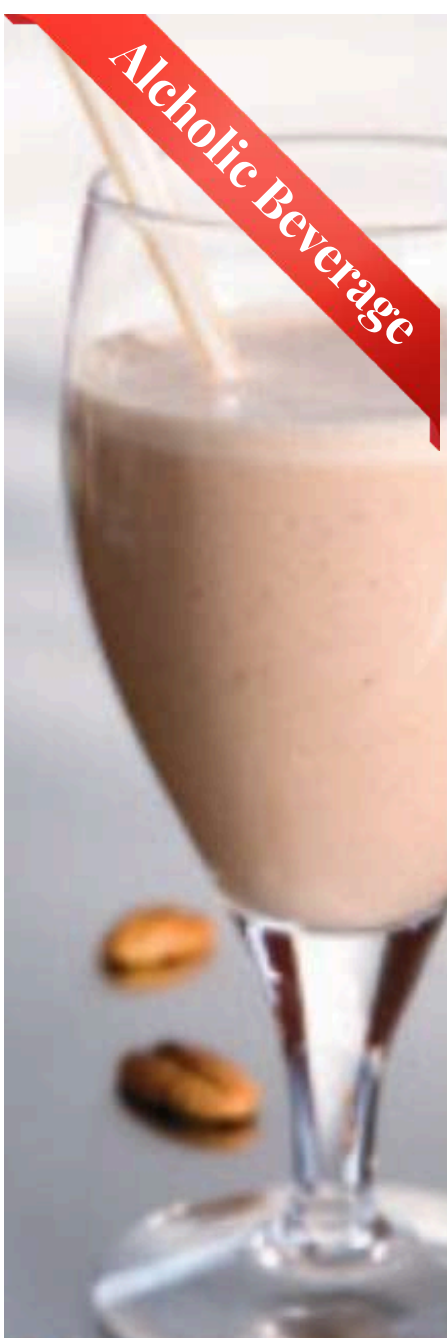
INSTRUCTIONS

- Step 1** Blend everything together.

Serve and enjoy!

HEALTHY NUT

A spirited nutty delight with Rooibos balance



INGREDIENTS

- 2 scoops** Annique Lifestyle Shake (Vanilla)
- 250ml** cold water
- ½ cup** mixed nuts
- 2 shots** frangelico liqueur
- 1 cup** ice
- cinnamon powdered sugar (for garnishing)**

INSTRUCTIONS

- Step 1** Blend everything together.
- Step 2** Sprinkle with powdered cinnamon sugar.

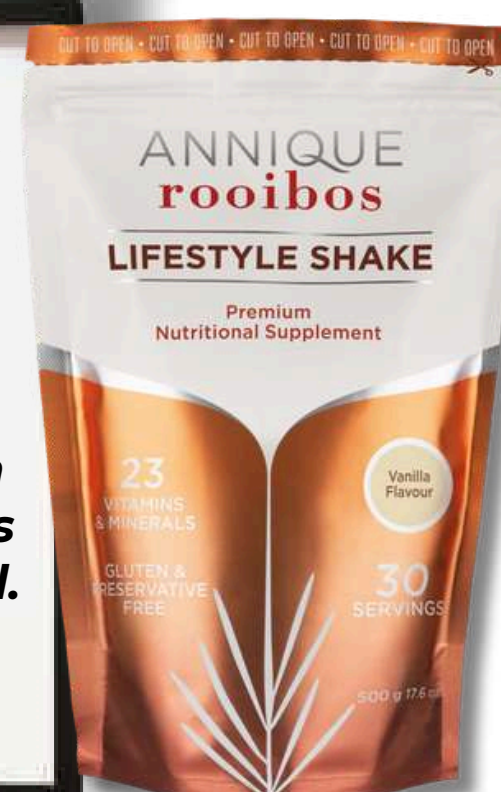
Serve and enjoy!

DID YOU KNOW

Lifestyle Shakes are designed to **deliver balanced nutrition** in every sip, supporting **energy, focus** and **vitality** throughout the day.

By **experimenting** with **fruits, herbs** or even a touch of **spice**, you can **transform each shake into a personalized wellness ritual** that **feels indulgent** yet **purposeful**.

It's **proof** that **healthy living can be creative, joyful** and **deliciously simple!**



PIN-ANNIQUE COLADA

A tropical escape in every sip

INGREDIENTS

2 scoops Annique Lifestyle Shake (*Vanilla*)

250ml coconut milk

$\frac{1}{2}$ fresh pineapple (*cubed*)

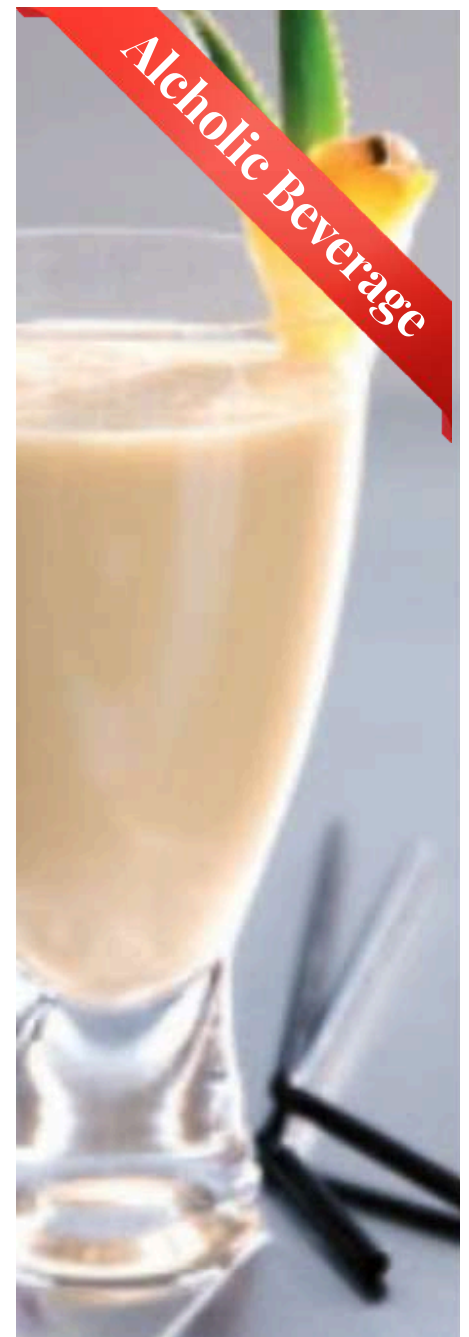
2 shots vanilla vodka

1 cup ice

INSTRUCTIONS

Step 1 Blend everything together.

Serve and enjoy!



Chocolate Flavour Pairings

Coconut milk
Almond milk

Raspberries*

Chilli
Cinnamon
Wasabi
Himalayan Salt
Lavender
Mint



MEXICAN MAYHEM SMOOTHIE

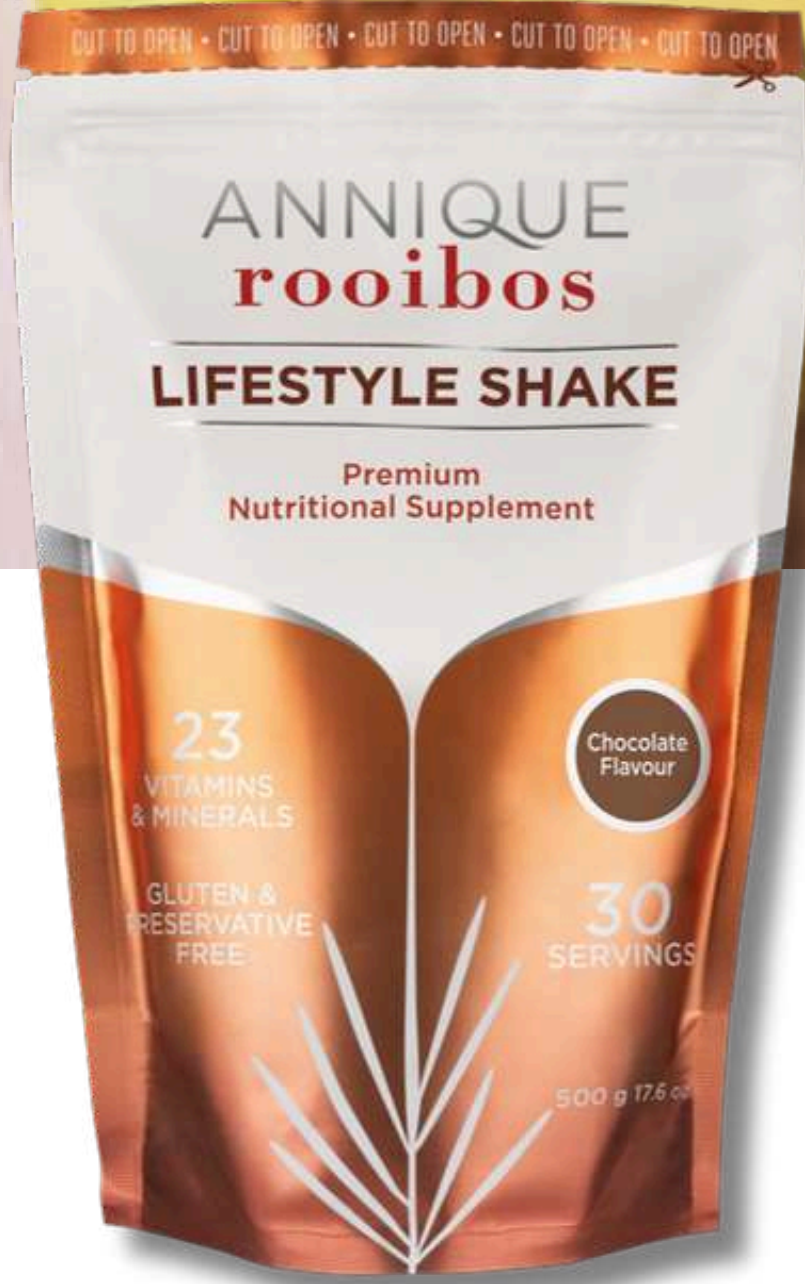
A fiery fusion of nuts, avocado and chocolate shake indulgence



Non-Alcoholic Beverage

INGREDIENTS

- 2 scoops** Annique Lifestyle Shake (*Chocolate*)
- 250ml** almond milk
- ½** avocado
- 1 tsp** ground cayenne pepper
- 1 cup** ice
- pinch of** himalayan salt
- ground chili to taste
- fresh chili and a sprig of fresh mint (for garnishing)**



INSTRUCTIONS

- Step 1** Blend everything together.
- Step 2** Garnish with fresh chili and mint.

Serve and enjoy!

DID YOU KNOW

Avocado is loaded with healthy fats that support heart health, while **chili peppers** can boost metabolism and circulation Combined with the **Lifestyle. Chocolate Shake**, this fiery blend delivers both **indulgence and wellness** in every sip.

DECADENT SEMIFREDDO SHAKE

Banana and nut butter folded into creamy indulgence



INGREDIENTS

- 1 scoop** Annique Lifestyle Shake (*Chocolate*)
 - 1** banana (*frozen*)
 - 30ml** nut butter (*of your choice*)
 - 250ml** milk (*of your choice*)
 - 15ml** unsweetened cocoa powder
 - 1 cup** ice
- whipped cream & dark chocolate shavings (for garnishing)**

INSTRUCTIONS

- Step 1** Blend everything together.
- Step 2** Garnish with whipped cream and dark chocolate shavings.

Serve and enjoy!

DID YOU KNOW

Bananas provide potassium for muscle function, while **nut butter** adds protein and sustained energy.

Cocoa powder is rich in flavonoids that support brain health paired with the **Lifestyle Chocolate Shake**, this semifreddo becomes a decadent yet nourishing treat.



PEPPERMINT PARTY

Chocolate delight lifted by peppermint sparkle

INGREDIENTS

- 2 scoops** Annique Lifestyle Shake (Chocolate)
- 250ml** milk (of your choice)
- 1 ½ shots** peppermint liqueur
- 1 cup** ice

INSTRUCTIONS

Step 1 Blend everything together.

Step 2 *Serve and enjoy!*



CHOCOLATE ZING

A bold blend of sweetness and zest

INGREDIENTS

- 2 scoops** Annique Lifestyle Shake (Chocolate)
- 250ml** orange juice
- 2 shots** orange liqueur
- 1 cup** ice
- cinnamon powdered sugar (for garnishing)**

INSTRUCTIONS

Step 1 Blend everything together.

Step 2 Sprinkle with powdered cinnamon sugar.

Serve and enjoy!

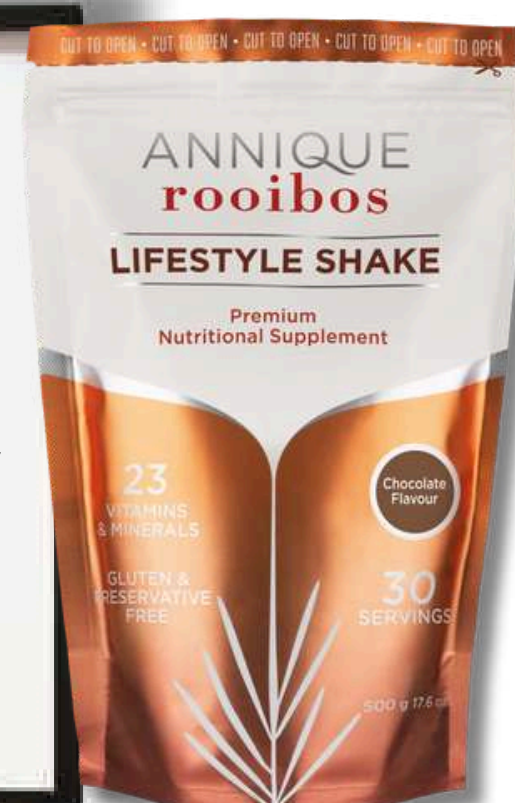


DID YOU KNOW

Lifestyle Shakes deliver more than nutrition, they're a simple way to bring balance into busy days.

Blending them with fresh fruits or wholesome add-ins like seeds and nuts can boost fiber, antioxidants and sustained energy.

It's a delicious reminder that wellness can be effortless and full of flavour!

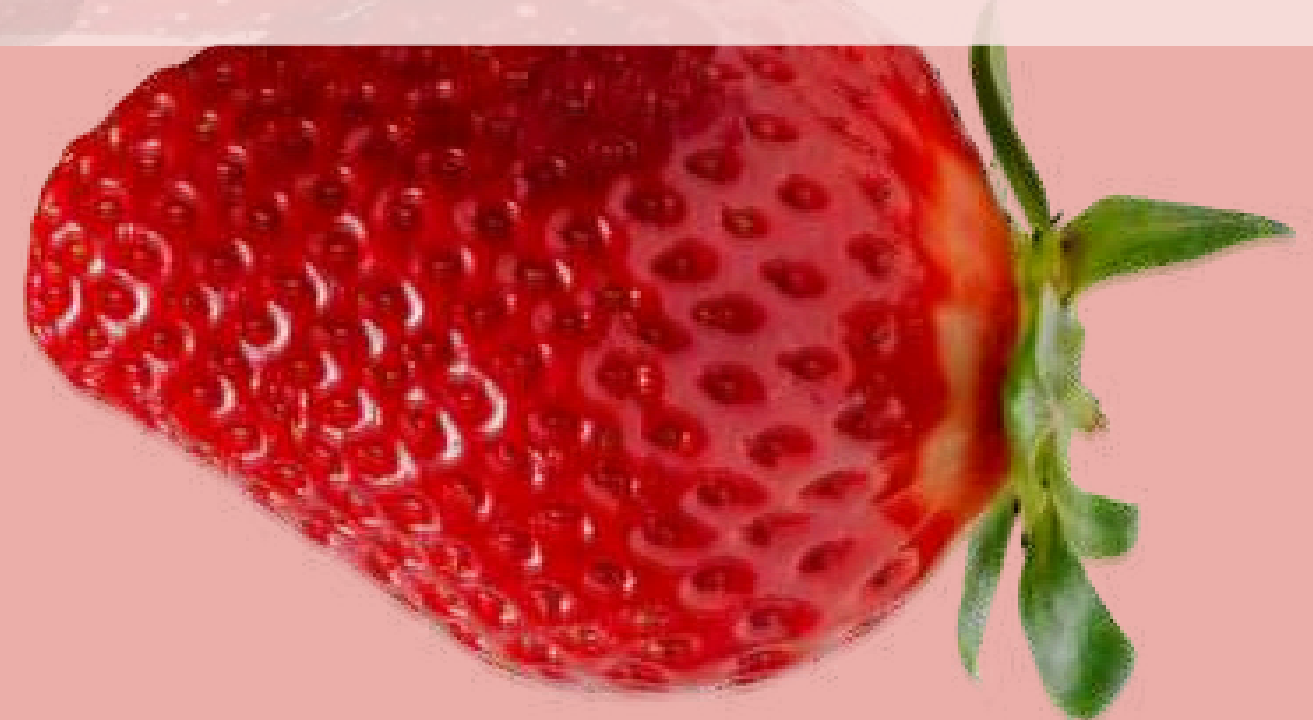
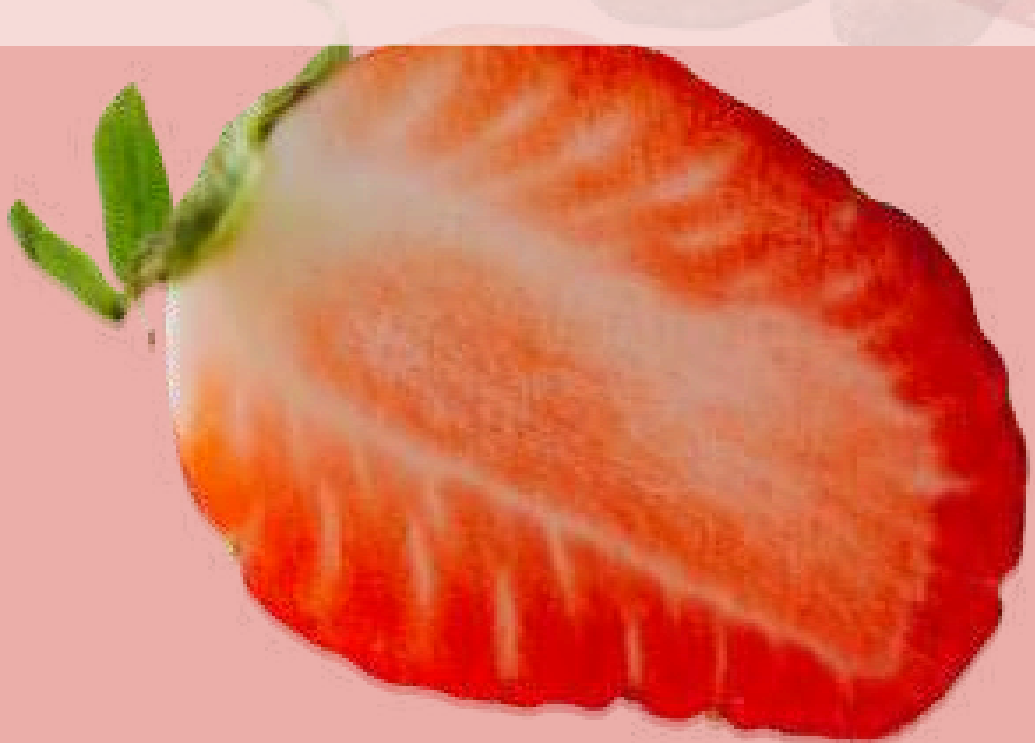




“

From the richness of cocoa to the brightness of berries, a new chapter of flavour unfolds...

”

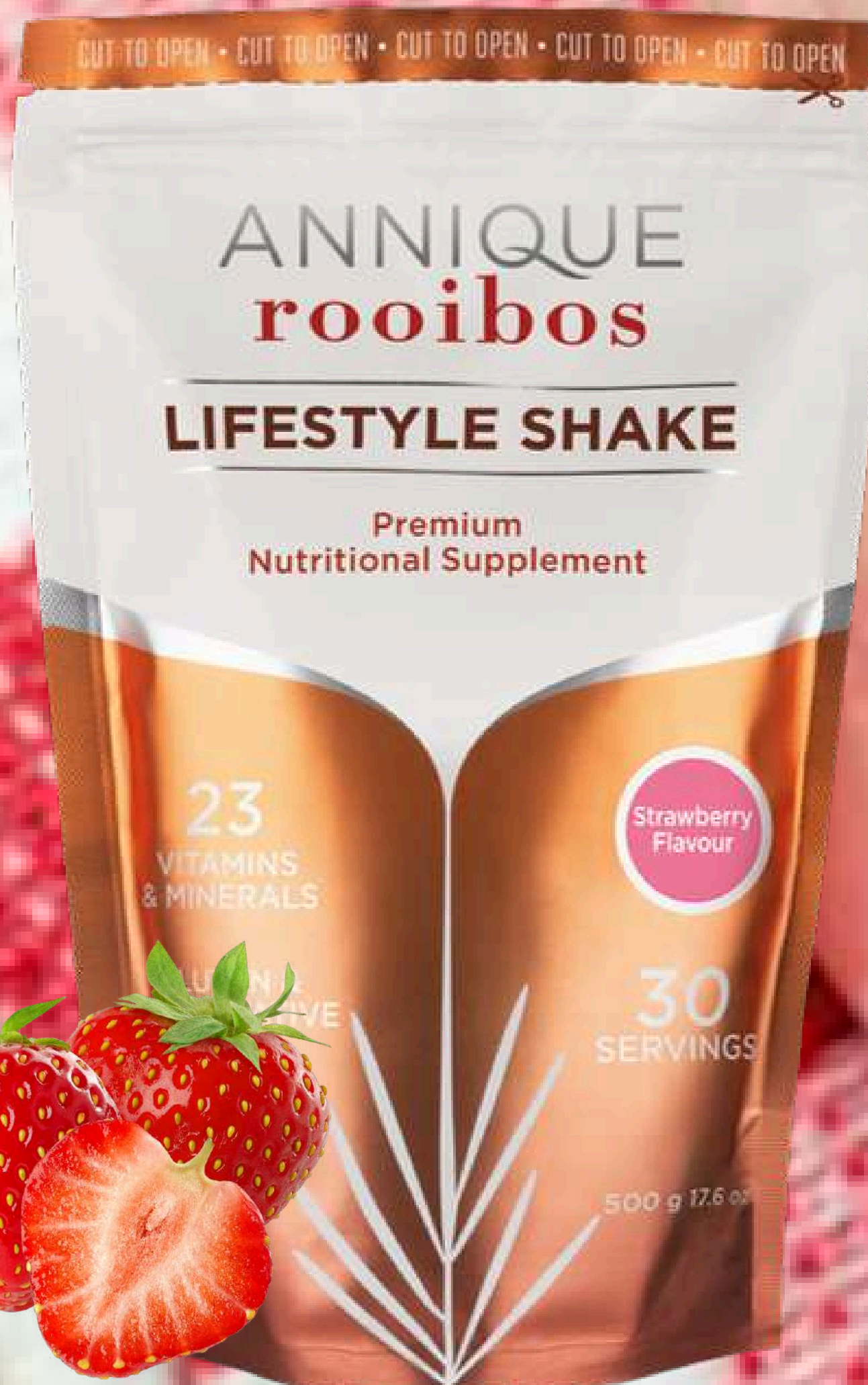


Strawberry Flavour Pairings

Walnuts
Almonds

Spinach
Strawberries*
Apricot
Blackberries*

Black pepper
Cinnamon
Nutmeg



STRAWBERRY FIELDS SMOOTHIE

*A vibrant smoothie that balances
flavour and nourishment*



Non-Alcoholic Beverage

INGREDIENTS

2 scoops Annique Lifestyle Shake (*Strawberry*)

¼ cup walnuts

250ml almond milk

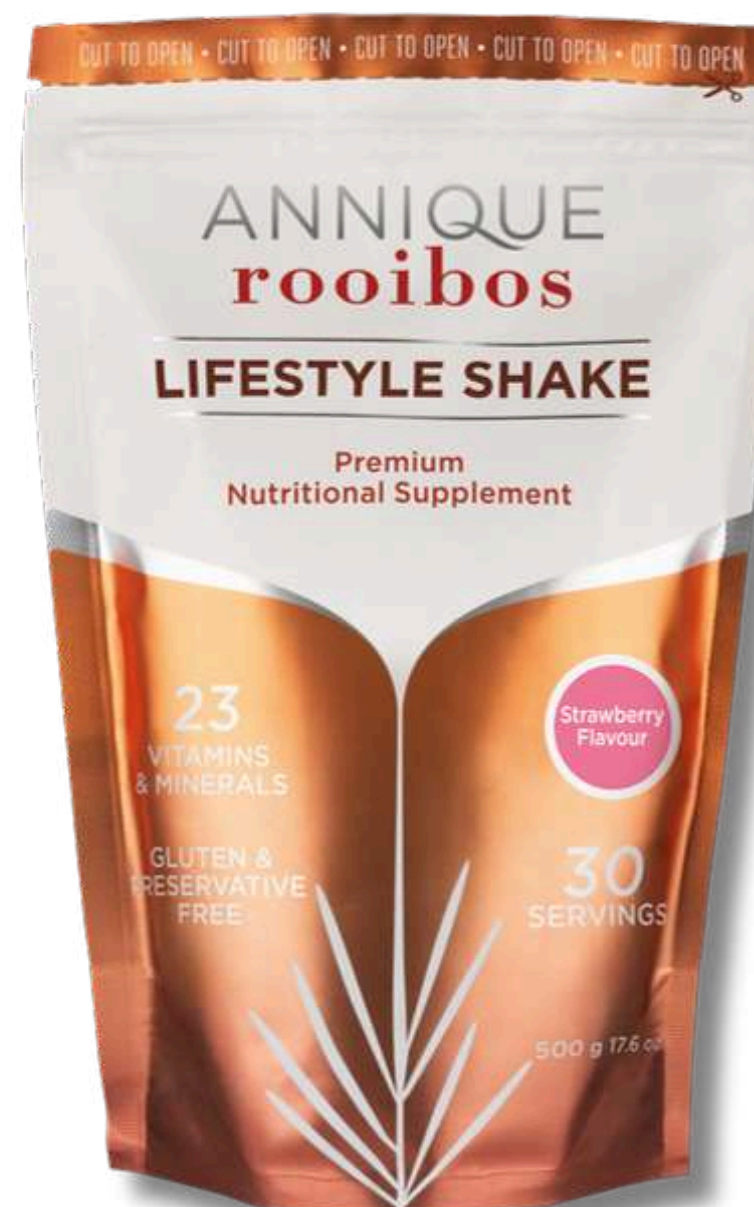
½ cup fresh strawberries

2 cups fresh baby spinach

3 sprigs of fresh basil

pinch of ground black pepper

1 cup ice



INSTRUCTIONS

Step 1 Blend everything together.

Serve and enjoy!

DID YOU KNOW

Strawberries are packed with vitamin C to boost immunity, while **spinach** delivers iron and essential minerals.

Walnuts add omega-3s for brain health.

Combined with the **Lifestyle Strawberry Shake**, this blend is as energizing as it is refreshing.



STRAWBERRY BURST MILKSHAKE

A refreshing explosion of strawberries, mint and creamy shake delight



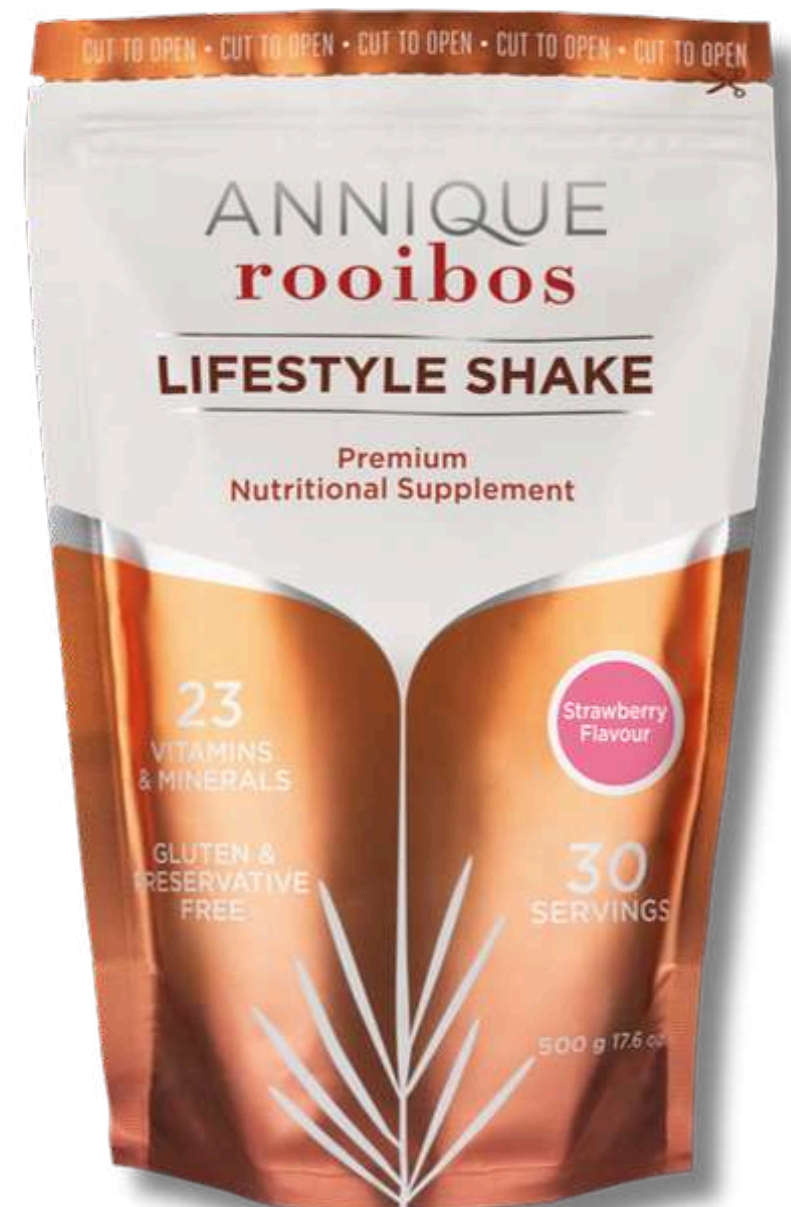
INGREDIENTS

- 2 scoops** Annique Lifestyle Shake (*Strawberry*)
- 1 cup** full cream milk
- ½ cup** fresh strawberries
- 5ml** lemon juice
- 3** sprigs of fresh mint
- 1 shot** vodka
- 1 cup** ice

INSTRUCTIONS

- Step 1** Blend everything together.
- Step 2** Garnish with a fresh strawberry.

Serve and enjoy!



DID YOU KNOW

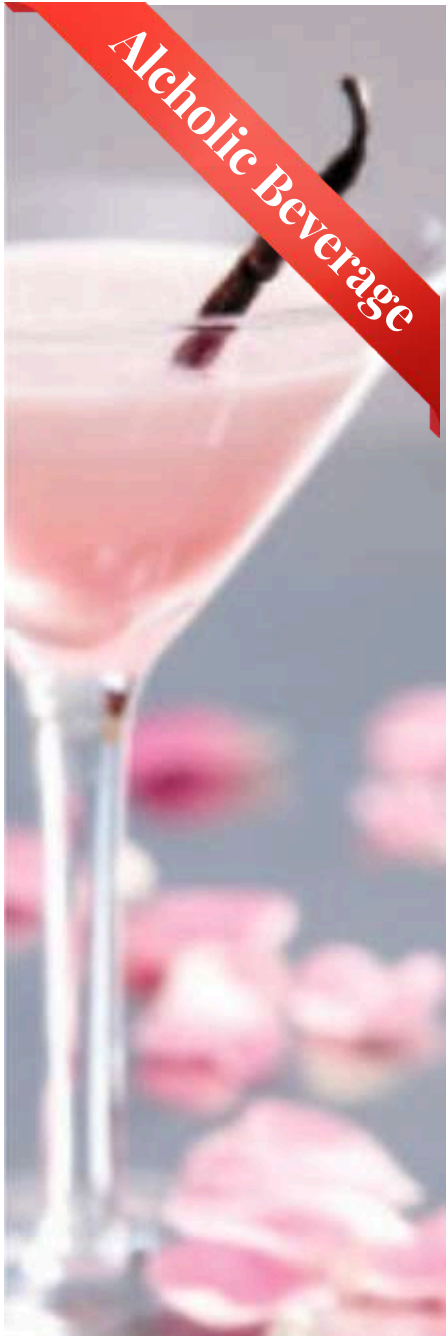
Strawberries provide antioxidants that protect against free radicals, while **mint** supports digestion and adds a cooling freshness.

Rooibos brings anti-inflammatory benefits, making this shake a deliciously balanced treat, with or without the vodka twist.



ROSEBERRY DELIGHT

Strawberry sweetness lifted by rose elegance



INGREDIENTS

2 scoops Annique Lifestyle Shake (*Strawberry*)

250ml cold water

1 shot vanilla vodka

1 cup ice

rose water to taste

INSTRUCTIONS

Step 1 Blend everything together.

Serve and enjoy!

STRAWBERRY SURPRISE

A luscious surprise with every sip



INGREDIENTS

2 scoops Annique Lifestyle Shake (*Strawberry*)

250ml fresh strawberry juice

2 fresh strawberries

1 shot strawberry liqueur

1 cup ice

INSTRUCTIONS

Step 1 Blend everything together.

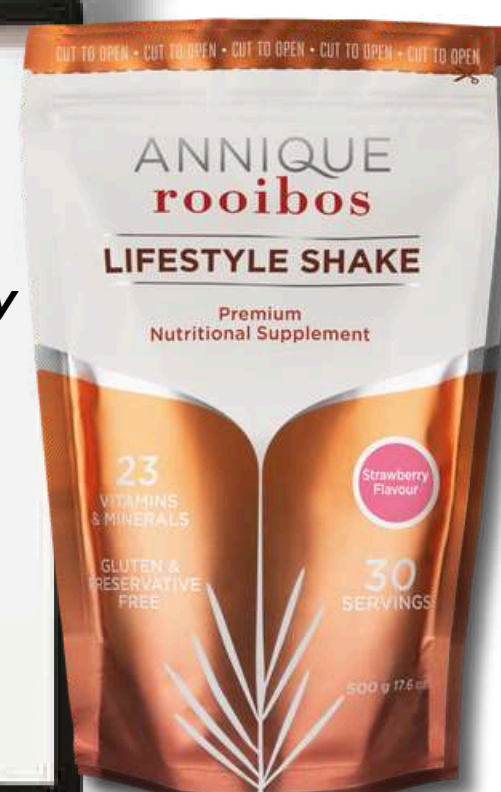
Serve and enjoy!

DID YOU KNOW

*Lifestyle Shakes combine essential nutrients with smooth, satisfying flavor, making them a **smart choice for everyday wellness.***

*Adding wholesome extras like **oats, chia seeds, or nut butters** can **boost fiber, omega-3s, and sustained energy.***

*Nourishing your body can **feel indulgent and endlessly versatile!***



WATERMELON DELIGHT

Fresh, fruity and fabulously refreshing

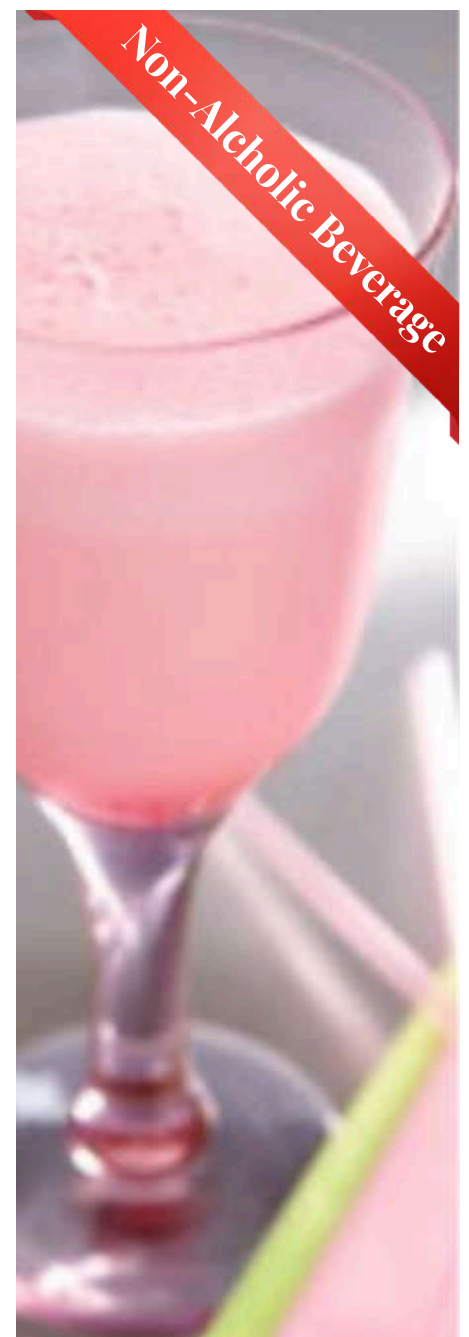
INGREDIENTS

- 2 scoops** Annique Lifestyle Shake (*Strawberry*)
- 250ml** fresh watermelon juice
- 1 cup** fresh watermelon
- 1 cup** ice

INSTRUCTIONS

Step 1 Blend everything together.

Serve and enjoy!



HAVE YOUR OWN RECIPES ?

*Let your Rooibos journey begin,
where your flavours and ideas find their
place!*

*Snap a pic of your recipe and post it on your socials
with the hashtag **#anniquerooibosrecipe***

RECIPES

RECIPES

RECIPES

RECIPES

RECIPES

RECIPES

RECIPES

ANNIQUE

ROOIBOS

THE RECIPE BOOK



Discover the joy of Rooibos in every sip and bite.

From refreshing spritzers to indulgent desserts, this collection celebrates the unique flavour and wellness benefits of Rooibos.

Let these recipes inspire moments of radiance, nourishment and delight the Annique Rooibos way.