

The Big Red Heart Opener

(The color red is associated with passion, desire, and love. It's an emotionally intense color)

1 cup purified water

¼ cup Pomegranate juice (clinically proven to protect against heart disease)

1/3 cup Beets (potassium)

½ cup Raspberries (potassium)

½ cup Strawberries (Vit C)

1 teaspoon rosewater (lift your mood)

Chia seeds (fiber)

2 T coconut butter (medium chain fatty acids good for heart and fat slows release of sugar)

Real vanilla bean

1 teaspoon rose water