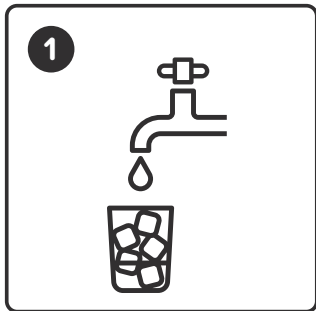


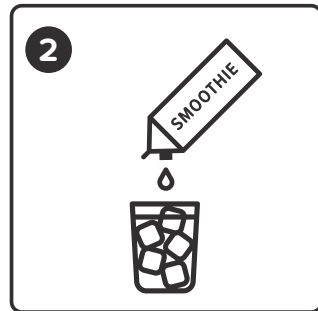
Smoothie Recipes



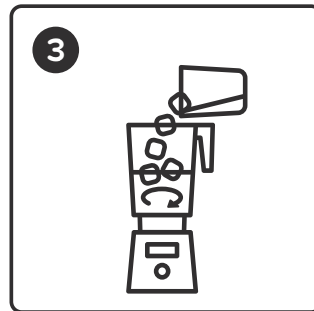
HOW TO MAKE A SWEETBIRD SMOOTHIE



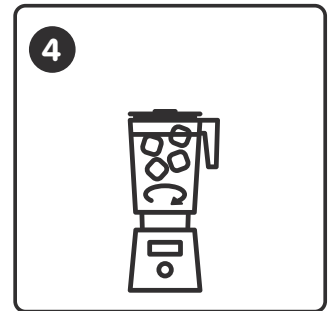
1. Fill cup with ice, level to the top of the cup, then fill with water to $\frac{1}{3}$ full.



2. Pour smoothie over water and ice to the top.



3. Pour contents of cup into blender jug.



4. Put the lid on tightly, blend until smooth.

Sweetbird Smoothies are incredibly versatile and can be used for many drinks beyond smoothies when easily combined with other ingredients from the Sweetbird collection. Sweetbird smoothies, purées and syrups are all approved by The Vegan Society, as are the Vanilla Bean, Caffe and Liquid frappés. Using these with non-dairy milks means everyone can enjoy the wide range of drinks.

ALL
RECIPES
FOR 12OZ
DRINKS

ICE-BLENDED SMOOTHIES

The everyday, easy to make, no-mess smoothie...

METHOD

1. Fill cup with ice, level with the top of glass
2. Pour water over ice to $\frac{1}{3}$ full
3. Add smoothie to the top
4. Pour contents of glass into blender jug (add other ingredients as needed here)
5. Put lid on tightly, then blend until smooth

SMOOTHIE SODAS

Sparkling water and smoothie, so quick, refreshing and profitable.

METHOD

1. Add 30ml smoothie to cup (about 3cm)
2. Fill to $\frac{3}{4}$ with sparkling water
3. Add syrup if needed
4. Stir then add ice cubes to fill
5. Garnish and serve

STRAWBERRY SHERBET SODA

- Strawberry smoothie
- 2 pumps Lime syrup
- Sparkling water
- Ice

TROPICAL SODA

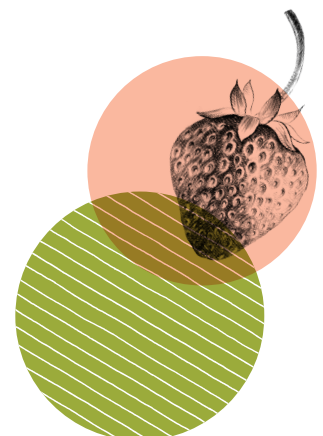
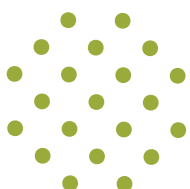
- Mango & Passionfruit smoothie
- 1 pump Coconut syrup
- Sparkling water
- Ice

GRANITAS

The ultimate refreshment for summer; the icier Italian cousin of the traditional smoothie.

METHOD

1. Overfill glass with ice
2. Half fill with smoothie
3. Add 2 pumps Liquid Frappé & Granita mix
4. Blend on granita setting for 18 seconds



FRUIT FRAPPÉS

Adding vanilla frappé to any smoothie makes an easy 'à la crème' drink. Combine berry smoothies with chocolate or mocha frappé for indulgent dessert like recipes.

METHOD

1. Fill glass with ice, level with the top of the glass
2. Pour over smoothie to $\frac{1}{3}$ full
3. Top with milk, to 1cm from the top
4. Pour contents of glass into blender jug
5. Add frappé powder (and any other ingredients)
6. Put lid on tightly then blend until smooth
7. Pour back into glass and serve

CHOCOBERRY FRAPPÉ

- Milk / ice
- Mixed Berry smoothie
- 1 scoop Chocolate frappé
- Raspberry purée to drizzle

PEACHES OR STRAWBERRY & CREAM FRAPPÉ

- Milk / ice
- Peach or Strawberry smoothie
- 1 scoop Vanilla Bean frappé

PEACH & HIBISCUS SMOOTHIE (VE)

- Milk / ice
- Peach smoothie
- 3 pumps Hibiscus syrup

STRAWBERRY MATCHA GREEN TEA FRAPPÉ (VE)

- Ice / milk of your choice
- 1 scoop Vanilla frappé
- 1 mini scoop Zuma Matcha
- 25ml Strawberry smoothie

1. Fill cup with ice, level with the top of the cup
2. Pour milk over ice (to 1cm below the top)
3. Pour contents of cup into blender jug
4. Add frappé powder
5. Put the lid on tightly, blend until smooth
6. Add smoothie to cup and pour blended frappé on top
7. Garnish and serve

MANGO & PASSIONFRUIT 'FALOODA' FRAPPÉ

- Milk / ice
- 30ml Mango & Passionfruit smoothie
- 1 pump Rose syrup
- 2 pumps Liquid Frappé & Granita base

SMOOTHIE SHAKES

Milkshakes never go out of fashion and fit with the trend for all things nostalgic. Use Sweetbird Smoothies to make this classic.

METHOD

1. Half fill cup with ice
2. Pour 30ml smoothie over ice
3. Fill cup with milk (to 1cm below the top)
4. Pour contents of cup into blender jug
5. Add $\frac{1}{2}$ scoop of Vanilla Bean frappé (and purée if needed)
6. Put lid on tightly then blend until smooth

STRAWBERRY MILKSHAKE

- Ice / milk
- Strawberry smoothie
- $\frac{1}{2}$ scoop Vanilla Bean frappé

PEACH MELBA MILKSHAKE

- Ice / milk
- Peach smoothie
- 1 pump Raspberry purée
- $\frac{1}{2}$ scoop Vanilla Bean frappé

SOOTHIES™

Flip smoothies 360; mix with hot water for warming fruit soothies™.

METHOD

1. Pour 50ml smoothie into cup and add syrup.
2. Top up with hot water, stir

SPICED MANGO & PASSIONFRUIT SOOTHIE™

- 50ml Mango & Passionfruit smoothie
- 2 pumps Chai syrup
- Hot water



PEACH HOT SPICED PUNCH SOOTHIE™

- 50ml Peach smoothie
- 1 pump Orange syrup
- 1 pump Lemonade syrup
- 1 pump Chai syrup
- Hot water
- Fresh slices of lemon to serve

BETROOT & BERRY SOOTHIE™

- 50ml Mixed Berry smoothie
 - 1 mini scoop Zuma Beetroot powder
 - Hot water
1. Pour 50ml smoothie into cup
 2. Add beetroot and stir until powder has dissolved
 3. Top up with hot water then stir
 4. Drop in a few fresh raspberries or a cinnamon stick for added appeal



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