

HOW TO MAKE A SMOOTHIE?

The rules for making a Smoothie with frozen fruit are not set in stone, experiment and see what you come up with. Here are the basics for making a Smoothie using our frozen ingredients.

Keep it fresh and healthy and use a good quality juice, or better still make your own juice!

To start with make sure you have a good quality blender as the machine has to work hard to blend frozen ingredients. We recommend and supply heavy duty Blendtec blenders for commercial use. Fresh fruit juice is a large component of any Smoothie. Too much pure juice can overpower delicate flavours contained in the Smoothie. We recommend you dilute the juice with filtered water 50/50. Have your juice and water mix pre-prepared in a jug at room temperature.

FRUIT ONLY SMOOTHIE 12oz/360ml

Empty the contents of 1 x 100g frozen fruit Smoothie sachet into your cup. Top up the cup with your juice mix - approximately 250ml, apple, pineapple or orange juice work well (diluted). Pour the contents of the cup into a blender. Blend until smooth (30 seconds). Pour back into the cup and serve. No waste and No mess.

FRUIT SMOOTHIE WITH YOGHURT (YOGGIE) 12oz/360ml

Low fat yoghurt will add a creamy and smooth texture to your smoothie + extra nutrients!

Empty the contents of 1 x 100g frozen fruit Smoothie sachet into your cup. Add 1 – 2 scoops of frozen yoghurt (approximately 75 – 100ml) . Top up the cup with your juice mix – apple, pineapple or orange juice work well (diluted). Pour the contents of the cup into a blender. Blend until smooth. Pour back into the cup and serve. No waste and No mess.

To make a 16oz/500ml Smoothie follow the instructions above using 1.5 frozen Smoothie sachets add juice and yoghurt as required.