

- Saturday - SIMPLY SMOOTHIES



A great range of flavours to try

Smoothies can be made with many different fruits and dairy-free alternatives to suit varied tastes and dietary requirements. They're a great way to include essential nutrients, fluid and energy in an easy-to-consume form, and can be prepared in advance and stored, then served as required.

At breakfast, smoothies can offer a refreshing alternative to hot porridge; for residents needing an energy boost, use whole milk be fortified with skimmed milk powder. You can also use cashew nuts to give the smoothie a creamy texture while adding energy and other nutritional benefits.



Ready-to-go smoothies



A 89159 Orange and Mango Smoothie 27x200ml

A 89158 Strawberry and Banana Smoothie 27x200ml

F 32574 Raspberry Iced Smoothie Dessert 60x80ml

F 32573 Strawberry Iced Smoothie Dessert 60x80ml

F 119936 Pack'd Energy Smoothie Kit 30x140g

F 120997 Pack'd Mango, Pineapple & Passionfruit Smoothie 30x140g

F 118994 Love Smoothie Fruit Mixed Case 30x140g

A 128047 White Paper Smoothie Straw 1x30



DIY Smoothie Ingredients



F 4111 Fruits of the forest mix 1x1kg



F 4116 Raspberries 1x500g



A 100243 The Juice Orange 12x1ltr



A 100244 The Juice Apple 12x1ltr



C 10354 Bananas 1x1.5kg

C 45028 Golden Delicious Apples 1x8

C 450531 Red Apples 1x8

C 10267 Kiwi Fruit 1x6

C 10391 Blueberries 1x125g

A 350157 Squeezy Clear Blossom Honey 1x680g

A 131409 Marvel Skimmed Milk Powder 4x2kg



Introducing Marvel

The original dried skimmed milk powder, Marvel, is fortified with vitamin A, which supports the functioning of a healthy immune system – particularly important for care home residents.

A versatile low-fat, high-protein product, it can be used in different solid and liquid formats from breakfast to supper, and smoothies to sundaes.

A 131409
Marvel Skimmed Milk Powder
4x2kg



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Breakfast smoothie

Serves 5



Ingredients

F 4111	Brakes Fruits of the Forest	500g
C 115794	Brakes Organic Natural Yogurt	450g
C 70219	Brakes Fresh Whole Milk	300ml
A 118890	Quaker Gluten Free Original Porridge Oats	50g

Method

1. Ensure the Fruits of the Forest mix is defrosted
2. Add all ingredients into a blender and blitz until smooth
3. Pour into glasses and serve

Mint, pineapple, spinach & cashew nut smoothie

Serves 2



Ingredients

C 10395	Medium Pineapple	200g
C 113882	Premium Large Mint Bunch	2g
C 450716	Spinach	50g
A 25148	Osprio Flaked Oats	50g
A 1622	Brakes Whole Cashew Nut Kernels	50g
A 100244	The Juice Apple Juice	200ml

Preparation

1. Peel and roughly chop the pineapple
2. Pick and wash the spinach

Method

1. Add all ingredients into a blender and blitz until smooth
2. Pour into glasses and serve