

FRAPPÉ & FRUIT SMOOTHIE RECIPES

www.thirstbeverages.com

Gluten Free and 97% Fat Free

Blend ratios are approximately 35% liquid and 65% ice

355ml Serve Size

Fruit Smoothie

Using White Chocolate, Tropical, Vanilla or Dairy Free

- Combine fruit puree/syrup and juice/cold water to a total of 100ml then pour into blender
Note: Add less liquid and ice if using real fruit
- Add 50gms Vanilla frappé blend (¼ cup)
- Then 200gms Ice (approx 355ml glass full of ice)
- Now blend for 30 to 45 seconds or until smooth

Standard Frappés

Using Coffee, Chocolate, Mocha, Green Tea, White Chocolate or Chai blends

- Pour 100mls cold water into blender
- Add 50gms desired blend (¼ cup)
- Then 200gms Ice (approx 355ml glass full of ice)
- Now blend for 15 to 30 seconds or until smooth

Espresso or Espresso Mocha Frappé

Using fresh espresso with Vanilla or Chocolate blend

- Extract a single or double shot of espresso
- Add cold water to espresso to a total of 100mls
- Add 50gms Vanilla or Chocolate frappé blend
- Then 200gms Ice (approx 355ml glass full of ice)
- Now blend for 15 to 30 seconds or until smooth

Frappés with Syrup Shots

Using any frappé blend

- Combine syrup, cold water or espresso to total 100mls then pour into blender
- Add 50gms chosen frappé blend (¼ cup)
- Then 200gms Ice (approx 355ml glass full of ice)
- Now blend for 15 to 30 seconds or until smooth

Piña Colada Frappé

Using Tropical blend

- Pour 100mls pure pineapple juice into blender
- Add 50gms tropical frappé blend (¼ cup)
- Then 200gms Ice (approx 355ml glass full of ice)
- Now blend for 15 to 30 seconds or until smooth

420ml Serve Size

Fruit Smoothie

Using White Chocolate, Tropical, Vanilla or Dairy Free

- Combine fruit puree/syrup and juice/cold water to a total of 125ml then pour into blender
Note: Add less liquid and ice if using real fruit
- Add 60gms Vanilla frappé blend (⅓ cup)
- Then 230gms Ice (approx 420ml glass full of ice)
- Now blend for 15 to 30 seconds or until smooth

Standard Frappés

Using Coffee, Chocolate, Mocha, Green Tea, White Chocolate or Chai blends

- Pour 125mls cold water into blender
- Add 60gms desired blend (⅓ cup)
- Then 230gms Ice (approx 420ml glass full of ice)
- Now blend for 15 to 30 seconds or until smooth

Espresso or Espresso Mocha Frappé

Using fresh espresso with Vanilla or Chocolate blend

- Extract single or double shot of espresso
- Add cold water to espresso to a total of 125mls
- Add 60gms Vanilla or Chocolate frappé blend
- Then 230gms Ice (approx 420ml glass full of ice)
- Now blend for 15 to 30 seconds or until smooth

Frappés with Syrup Shots

Using any frappé blend

- Combine syrup, cold water or espresso to total 125mls then pour into blender
- Add 60gms chosen frappé blend (⅓ cup)
- Then 230gms Ice (approx 420ml glass full of ice)
- Now blend for 15 to 30 seconds or until smooth

Piña Colada Frappé

Using Tropical blend

- Pour 125mls pure pineapple juice into blender
- Add 60gms tropical frappé blend (⅓ cup)
- Then 230gms Ice (approx 420ml glass full of ice)
- Now blend for 15 to 30 seconds or until smooth

MILKSHAKES

Special Note:

Using complete frappé blend to create milkshakes.

You can use complete frappé blends to create rich, powerful milkshakes by adding milk and water. Using frappé blend is like adding a scoop of gourmet ice-cream, this mix of ingredients will produce a strongly flavoured, gourmet milkshake.

Note: Adding Milk may raise fat content slightly.

Gourmet Milkshake Recipe

Using Vanilla (+syrup/fruit), Coffee or Chocolate blend

- Pour 150mls cold milk into milkshake jug or cup
- Add 60gms desired blend (⅓ cup)
- Add syrup or fruit if desired (then reduce water)
- Then add 200mls cold water
- Now blend for 15 seconds

HOT BEVERAGE RECIPES

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Gluten Free and 97% Fat Free

If you like it extra creamy, add milk. For a naturally creamy drink, add water.

250ml Serve Size (adding milk)

Creamy Hot Vanilla Chai Latte

Using Vanilla Chai blend

- Stir 35gms (4 tsp) of blend into 50mls hot water
- Top with hot or steamed milk, dust with cinnamon

Creamy Hot Chai Espresso Latte

Using Vanilla Chai blend

- Stir 35gms (4 tsp) of blend and ½ shot of espresso into 50mls of hot water
- Top with hot or steamed milk, dust with cinnamon

Creamy Hot Chai Latte with Hazelnut or Caramel

Using Vanilla Chai blend

- Stir 35gms (4 tsp) of blend and 10ml of hazelnut or caramel syrup into 50mls hot water
- Top with hot or steamed milk, dust with cinnamon

Hot Chocolate

Using Rich Hot Chocolate Café blend (Lactose Free)

- Stir 25gms of blend (3 tsp) into 50mls hot water
- Top with hot or steamed milk and dust if desired

Hot Espresso Mocha

Using Rich Hot Chocolate Café blend (Lactose Free)

- Stir 25gms of blend (3 tsp) and ½ shot of espresso into 50mls hot water
- Top with hot or steamed milk and dust if desired

Hot Chocolate with Hazelnut or Caramel

Using Rich Hot Chocolate Café blend (Lactose Free)

- Stir 25gms (3 tsp) of blend and 10ml of hazelnut or caramel syrup into 50mls hot water
- Top with hot or steamed milk and dust if desired

Hot White Chocolate

Using White Chocolate blend

- Stir 35gms (4 tsp) into a paste with hot water
- Top with hot or steamed milk and dust if desired

Hot White Chocolate Mocha

Using White Chocolate blend

- Stir 35gms of blend (4 tsp) and ½ shot of espresso into 50mls hot water
- Top with hot or steamed milk and dust if desired

250ml Serve Size (adding water)

Hot Chai

Using Vanilla Chai blend

- Stir 35gms (4 tsp) into a paste with hot water
- Then top with hot water and dust if desired

Hot Chai Coffee

Using Vanilla Chai & Coffee blend

- Stir 17gms each (2 tsp) of both chai and coffee blend into a paste with hot water
- Then top with hot water and dust if desired

Hot Chai with Hazelnut or Caramel

Using Vanilla Chai blend

- Stir 35gms (4 tsp) of blend and 10ml of hazelnut or caramel syrup into 50mls hot water
- Then top with hot water and dust if desired

Hot Chocolate

Using Chocolate blend

- Stir 35gms (4 tsp) into a paste with hot water
- Then top with hot water and dust if desired

Hot Chocolate with Hazelnut or Caramel

Using Chocolate blend

- Stir 35gms (4 tsp) of blend and 10ml of hazelnut or caramel syrup into a paste with hot water
- Then top with hot water and dust if desired

Hot White Chocolate

Using White Chocolate blend

- Stir 35gms (4 tsp) into a paste with hot water
- Then top with hot water and dust if desired

Special Note:

The RHS recipes use blends already containing milk and require only water to be added. If a more creamy flavour is desired, replace part or all of water with milk.

The LHS Rich Hot Chocolate Café blend recipes require added milk as blend does not contain dairy.

The LHS Chai recipes however, use a blend containing milk, so if a less creamy flavour is desired, substitute part or all of milk with water. (see RHS recipes)