

EST. 1969

BARKER'S

PROFESSIONAL



SMOOTHIE BASES

Making a smoothie, shake or soda couldn't be easier - and Barker's Professional have made the process even more convenient with four new ready-to-use smoothie bases including two vegetable bases. The team at Barker's Professional recognises that fruit and vegetables naturally contain many of the nutrients people need for good health.

For your convenience we have provided base recipes, but let your imagination run wild - the ideas are endless.



Available in 1 litre PET bottles

Smoothie Base flavours available:

- Banana GF *
- Beetroot, Pear and Blackcurrant GF
- Carrot, Orange and Ginger GF
- Mango GF *
- Mixed Berry GF *
- Pineapple, Coconut and Lime GF *
- Strawberry GF *
- Tropical Fruits GF *

*** NEW IMPROVED DILUTION RATE**

Please note the initials 'GF' denote gluten free

For more information please contact your local Barker's Professional representative or phone customer services on:

0800 227 537 (NZ) or 1800 145 745 (AUST) www.barkersprofessional.nz

Our Smoothie Base range has been developed using only natural colours and flavours.

FRAPPÉ & ICED DRINK (NON DAIRY)

	Millilitres
Barker's Smoothie Base	30-60ml
Water/Coconut Water	100ml
Ice	100g
Total	230-260ml

FRAPPÉ (DAIRY)

Barker's Smoothie Base	30-60ml
Milk	100ml
Ice	100g
Total	230-260ml

SMOOTHIES / SHAKES

MILK

Barker's Smoothie Base	30-60ml
Milk	200ml
Total	230-260ml

SOY MILK / COCONUT MILK / ALMOND MILK (Non Dairy)

Barker's Smoothie Base	30-60ml
Soy Milk/Coconut Milk/Almond Milk	200ml
Total	230-260ml

YOGHURT / LASSI

Barker's Smoothie Base	30-60ml
Natural Yoghurt	75ml
Milk	125ml
Total	230-260ml

ICE CREAM

Barker's Smoothie Base	30-60ml
Milk	150ml
Ice Cream	(1 scoop) 50g
Total	230-260ml



SODAS / CRUSHERS

ICE CREAM SODA / SPIDER

	Millilitres
Barker's Smoothie Base	30-60ml
Lemonade	150ml
Ice Cream	(1 scoop) 50g
Total	230-260ml

CRUSHERS

Barker's Smoothie Base	30-60ml
Lemonade	150ml
Sorbet	50ml
Total	230-260ml

FRUIT CUBES

Try freezing our smoothie bases into cubes for use in punches or cocktails.



DILUTION RATES:

- In an effort to improve the taste and cost effectiveness of our Smoothie Bases we have optimised our **fruit based** formulations so that 30ml of the base combined with 200ml of milk (or equivalent) will deliver an enjoyable smoothie for all to enjoy. If a stronger flavour is preferred please add more Smoothie Base.

TOP TIPS:

- Add more or less milk, juice, water, ice or yoghurt to your smoothie or frappé, according to your own taste and preference.
- Any of the drinks can be frozen to be eaten as a delicious frozen ice.
- Try adding some of the extra ingredients below to give your smoothie an even greater health boost:
 - Grains ie: rolled oats
 - Kale
 - Wheatgrass
 - Whey protein
 - Honey
 - Cayenne or tumeric

* Please note that these recipes are only a guide - please increase or decrease the smoothie base to achieve your desired flavour profile.