

SMOOTHIE LIST

Sweetbird Flavours;

Mango, peach, strawberry, banana, lemon, strawberry and banana, mango and passion fruit, raspberry and blackcurrant

Ingredients; <http://www.hellosweetbird.com/support/nutritional-information>

These award-winning Naturally Sweetened Ice-blended Smoothies are made with fruit purée and apple nectar with a choice of 4 flavours. Each serving provides 2 of your 5-a-day!

- ambient storage (until open, then refrigerate)
- easy to make – add ice, water and blend
- free from high fructose corn syrup
- free from artificial colours, flavours and preservatives
- free from genetically modified ingredients

Vegetarian Society and Viva vegan

Sweetbird Smoothie recipe

3 x 1 litre of Smoothie concentrate
4 litres cold water

Pour cold water into granita machine followed by 3 litres smoothie mix. Switch on to mix and chill smoothies.

This recipe produces 7000 ml of product plus you will get expansion of the product of between 10 and 20%. You would be able to produce about 20 drinks (355ml/12oz).

Once the product is made this way as long as it is kept chilled in the machine or in a fridge it will last for 5 days.

Each 1 litre of smoothie costs; £5.50.

Thus when mixed with water will work-out at approximately:

200ml / 7oz smoothie = £0.51p
7oz cup, lid, straw £0.10p

300ml / 10oz smoothie £0.77p
10oz cup, lid, straw £0.12p

350ml / 12oz smoothie £0.90p
12oz cup, lid, straw £0.13p