

# Smoothie

# Frozana

## ✓ Description

- Blended and chilled beverage with milkshake-like consistency made from frozen fruits
- Can contain milk, yoghurt, ice cream, fruit juice, honey or syrup

## ✓ Information about our product

- Bags of frozen fruits which are mixed in fixed proportions
- One sachet of 150 g adjusted to prepare one cup of smoothie
- Easy and fast opening system – carton and sachet
- Carton contains 20 pcs.



## ✓ Benefits

- Low in calories
- A healthy alternative for a snack or a meal
- No need to wash, peel and cut fruits
- All year available
- No need to add ice cubes
- Fruits of the best quality with perfect texture, colour and flavour – 100% nature, no preservatives, colorants or added sugar

## ✓ Easy preparation (ready in 30 seconds)

- Open the sachet of fruit
- Pour 200 ml of fruit juice or dairy product into the blender
- Empty the sachet into the blender
- Mix and serve in a smoothie cup



## SMOOTHIE – METHODS OF PREPARATION



### Strawberry delight

#### How to prepare:

a sachet of Smoothie  
(strawberry, banana, apple)  
vanilla ice-cream- 1 scoop  
milk- 150 ml  
Sugar cane/ sugar syrup- 3 teaspoons  
Apple juice- 50 ml

#### How to prepare:

a sachet of Smoothie  
(strawberry, banana, apple)  
natural yoghurt- 150 ml  
apple juice- 75 ml, honey- 25 ml



### Fruity shock

#### How to prepare:

a sachet of Smoothie  
(strawberry, pineapple)  
pineapple juice- 220 ml  
honey- 30g  
lime rind

#### How to prepare:

a sachet of Smoothie  
(strawberry, pineapple)  
natural yoghurt- 110 ml  
apple juice- 110 ml, honey- 30 g  
a half slice of lime



### Apple sweetness

#### How to prepare:

a sachet of Smoothie  
(apple, banana)  
apple juice- 230 ml  
Sugar cane/ sugar syrup- 3 teaspoons  
a slice of lime

#### How to prepare:

a sachet of Smoothie  
(apple, banana)  
apple juice- 230 ml  
honey- 20g, fresh mint- 2 leaves  
a half slice of lime



### Plum poetry

#### How to prepare:

a sachet of Smoothie  
(plum, strawberry)  
apple juice- 225 ml  
Sugar cane/ sugar syrup- 25g

#### How to prepare:

a sachet of Smoothie  
(plum, strawberry)  
apple juice- 125 ml  
pineapple juice- 125 ml



### Crazy cherry

#### How to prepare:

a sachet of Smoothie  
(cherry, apple)  
apple juice- 210 ml  
cranberry syrup- 30 ml  
mint syrup- 10 ml

#### How to prepare:

a sachet of Smoothie  
(cherry, apple)  
milk- 150 ml  
apple juice- 80 ml  
honey- 20 g



### Exotic

#### How to prepare:

a sachet of Smoothie  
(pineapple, banana)  
apple juice- 150 ml  
natural yoghurt- 75 ml  
mint syrup- 25 ml  
fresh mint- 5 leaves

#### How to prepare:

a sachet of Smoothie  
(pineapple, banana)  
pineapple juice- 150 ml  
natural yoghurt- 80 ml  
honey- 20g



### Garden magic

#### How to prepare:

a sachet of Smoothie  
(plum, apple, blackcurrant)  
grapefruit juice- 150 ml  
natural yoghurt- 70 ml  
lemon/ lime syrup- 30 ml  
fresh basil- 5 leaves

#### How to prepare:

a sachet of Smoothie  
(plum, apple, blackcurrant)  
pineapple juice- 70 ml  
apple juice- 100 ml  
black currant juice- 80 ml