

2018 recipes

DRINKING™ THINKING

ALL RECIPES 12OZ / 355ML DRINKS



All 200 calories or less

JANUARY

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
			1	2	3	4	5	6	7	8	9	10	11	12	13	14				
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				



FEBRUARY

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S		
					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S		
19	20	21	22	23	24	25	26	27	28													



MARCH

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S		
					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S		
19	20	21	22	23	24	25	26	27	28	29	30	31										

SKINNY CARAMEL CRISP MOCHA

- 1 scoop 100% Organic Cocoa (14g)
- 3 pumps Sugar-Free Caramel Syrup (22.5ml)
- Triple Chocolate Crispiers topping (3g)
- Double espresso (60ml)
- Skimmed milk (180ml)
- Reduced fat whipped cream (15g)

Mix espresso, cocoa powder and syrup together to form a paste in cup. Top with steamed milk and finish with whipped cream and Crispiers.

CUCUMBER & MINT ICED TEA

- 3 pumps Cucumber & Mint Iced Tea Syrup (22.5ml)
- Still or sparkling water + ice

Add syrup to cup and top ¾ full with water. Stir and add ice cubes to fill.

HOT FUDGE BROWNIE LATTE

- ½ scoop Fairtrade Dark Hot Chocolate
- 1 pump Fudge Syrup
- Dark Chocolate Sauce
- Double espresso
- Steamed milk

Mix chocolate and espresso to form a paste. Add syrup, stir together and top up with steamed milk. Finish with a drizzle of sauce.

STICKY TOFFEE LATTE

- ½ scoop Sticky Toffee Frappé
- Double espresso
- Milk

Mix frappé and double espresso into thick paste. Top up with steamed milk, stir and serve.

FRENCH VANILLA ICED LATTE

- 2 pumps French Vanilla Syrup
- Double espresso
- Milk + ice

Half fill cup with ice. Add double espresso and syrup over the ice, then top with cold milk. Stir well and serve.

GINGERBREAD MOCHA

- 2 pumps Sugar-free Gingerbread Syrup
- 1 scoop Original Hot Chocolate
- Single espresso
- Whipped cream
- Steamed milk

Combine syrup, hot chocolate and espresso together in cup and stir to a paste. Top with freshly steamed milk and finish with whipped cream.



the perfect Matcha

APRIL

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15		
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							



MAY

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				



Make June TURMERIC month!

JUNE

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
18	19	20	21	22	23	24	25	26	27	28	29	30									

MINT MATCHA WHITE HOT CHOCOLATE

- ½ scoop White Hot Chocolate
- 1 mini scoop Organic Matcha
- 3 pumps Mint Syrup
- Steamed milk

Mix matcha, hot chocolate and a splash of warm water or milk in cup to form a paste. Add syrup, stir together then top with steamed milk.

MATCHA LIME REFRESHER

- 1 mini scoop Organic Matcha
- 3 pumps Lime Syrup
- Lime slice
- Water + ice

Whisk matcha with 30ml warm water. Add the syrup and mix together. Top with chilled water to ¾ full. Stir well and add ice cubes to fill. Finish with a slice of lime.

ITALIAN FRUIT SODAS

- 2 pumps Raspberry / Mango / Passionfruit Purée
- Sparkling water
- Ice

Add purée to cup then top ¾ full with sparkling water. Stir well and add ice cubes to fill.

BERRY CHOCOLATE SHAKE

- Raspberry & Blackcurrant Smoothie
- Raspberry Purée (for drizzling)
- 1 scoop Yogurt Frappé
- 2 tsp 100% Cocoa
- Milk & ice

Fill cup with ice. Add milk to 2/3 full then top with smoothie. Pour into blender with frappé and 100% Cocoa. Blend until smooth and pour back into cup. Drizzle with Raspberry Purée and serve.

TURMERIC COCONUT LATTE

- 1 mini scoop Organic Turmeric Chai
- 2 pumps Coconut Purée
- Steamed coconut milk

Mix Turmeric Chai and purée into a paste. Top up with steamed milk, stir and serve.

BANANA & TURMERIC YOGURT FRAPPÉ

- 3 pumps Banana Purée
- 1 scoop Yogurt Frappé
- 1 mini scoop Organic Turmeric Chai
- Milk + ice

Fill glass with ice, then add purée and top with milk. Add to blender with the frappé and Turmeric Chai. Blend until smooth then pour back into cup and serve.

