

EST. 1969

# BARKER'S PROFESSIONAL



## Smoothie Base

Making a smoothie, shake or soda couldn't be easier - and Barker's Professional have made the process even more convenient with ready-to-use smoothie bases. We recognise that fruit naturally contains many of the nutrients people need for good health. All of the bases contain at least 50% fruit. For your convenience we have provided base recipes, but let your imagination run wild - the ideas are endless.



Available in 1 litre PET bottles

### Flavours available

- Banana GF DF HS V VE
- Mango GF DF HS V VE
- Mixed Berry GF DF HS V VE
- Pineapple, Coconut & Lime GF DF V VE
- Strawberry GF DF HS

GF - Gluten Free  
DF - Dairy Free  
HS - Halal Suitable

V - Vegetarian Suitable  
VE - Vegan Suitable

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

## SMOOTHIES / SHAKES

### MILK

Barker's Professional Smoothie Base	30-60ml
Milk	200ml
<b>Total</b>	<b>230-260ml</b>

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

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

### YOGHURT / LASSI

Barker's Professional Smoothie Base	30-60ml
Natural Yoghurt	75ml
Milk	125ml
<b>Total</b>	<b>230-260ml</b>

### Alternative bulk recipe

Barker's Professional Smoothie Base	2 bottles
Natural Yoghurt	5 litres
Milk	2 litres
<b>Total</b>	<b>9 litres</b>

### ICE CREAM

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

## FRAPPÉ & ICED DRINK (NON DAIRY)

Barker's Professional Smoothie Base	30-60ml
Water/Coconut Water	100ml
Ice	100g
<b>Total</b>	<b>230-260ml</b>

## FRAPPÉ (DAIRY)

Barker's Professional Smoothie Base	30-60ml
Milk	100ml
Ice	100g
<b>Total</b>	<b>230-260ml</b>

## SODAS / CRUSHERS

### ICE CREAM SODA / SPIDER

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

### CRUSHERS

Barker's Professional Smoothie Base	30-60ml
Lemonade	150ml
Sorbet	50ml
<b>Total</b>	<b>230-260ml</b>

## FRUIT CUBES

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



### Barker's Foodstore & Eatery's Smoothie

200ml milk  
half cup of ice  
30ml yoghurt  
60ml (2 pumps) Barker's Professional Smoothie Base

1. Blend together for 35 seconds.
2. Drizzle some smoothie base syrup inside a 500ml jar before pouring in smoothie.

## HANDY HINTS

- 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