

Smoothies

365/24/7

Full of fruit and very little else Sweetbird smoothies offer consistent blends every time. With no fruit or veg to chop or peel they are the easy ice-blended smoothie solution.

Just like Sweetbird frappés, smoothies can be used in winter as well as summer. Using just 50ml with hot water makes a warming fruit soothie™, just perfect for chilly autumn and winter afternoons or late night shopping sessions. Like a hot cordial but with more of a fruit punch these drinks are ideal for children too.

Created in ten mouth-watering flavours, every Sweetbird smoothie has been blended using real fruit and juice. Easy to store and even easier to make, no fruit to wash, peel or waste, just 100% convenience in a carton. Each carton makes eight 12oz drinks. Simply pour over ice and blend for delicious smoothies every time. We've created the range to complement our syrups and frappé powders too, so you can get inventive with your own menu too.

PEACH COBBLER SOOTHIE™

- 50ml Sweetbird Peach smoothie
 - 1 pump Sweetbird White Chocolate syrup
 - Hot water
1. Pour 50ml smoothie into cup
 2. Add syrup and stir
 3. Top up with hot water then stir again

MANGO & PASSIONFRUIT LASSI

- Ice
 - Sweetbird Mango & Passionfruit smoothie
 - Milk
 - 1 scoop Sweetbird Yogurt frappé
4. Fill cup with ice, level to the top of the cup
 5. Pour smoothie over ice to ⅓ full
 6. Fill cup with milk (to 1cm below the top)
 7. Pour contents of cup into blender jug
 8. Add frappé powder
 9. Put the lid on tightly, blend until smooth

BANOFFEE FRAPPÉ

- Ice
 - Sweetbird Banana smoothie
 - Milk
 - 1 scoop Sweetbird Sticky Toffee frappé
1. Fill cup with ice
 2. Pour smoothie over ice to ⅓ full
 3. Top up with milk (to 1cm below the top)
 4. Pour contents of cup into blender jar
 5. Add frappé powder
 6. Put the lid on tightly and blend until smooth

PEACH SMOOTHIE

- Ice
 - Sweetbird Peach smoothie
 - Water
1. Fill cup with ice, level with the top of the cup
 2. Pour water over ice to ⅓ full
 3. Pour smoothie over water and ice to the top
 4. Pour contents of cup into blender jug
 5. Put the lid on tightly, blend until smooth

ALL SWEETBIRD SMOOTHIES:

- MADE WITH REAL FRUIT
- REGISTERED WITH THE VEGAN SOCIETY
- FREE FROM ARTIFICIAL COLOURS AND FLAVOURS
- FAT FREE
- GLUTEN AND DAIRY FREE
- REGISTERED WITH THE VEGAN SOCIETY

100% FRUIT & VEGETABLE SMOOTHIES:

- NO ADDED SUGAR - JUST NATURALLY OCCURRING FRUIT SUGAR
- 1 OF YOUR 5-A-DAY PER 12OZ DRINK

