Sweetbird® JULY FLAVOUR FOCUS

COCONUT

It's official - summer is in full swing and we're enjoying a taste of the tropics with all things coconut. This versatile flavour is great in hot or cold drinks, whether it's iced teas and frappés or a summertime hot chocolate. Try our recipes for yourself and tag us in your posts and photos on social media **@hellosweetbird #SweetbirdFlavourFocus**

1. COCONUT LIMEADE

- 2 pumps Coconut Syrup
- 2 pumps Lime Syrup
- Sparkling water
- Lime slice
- Ice

Add syrup to cup then top ¾ full with sparkling water. Add ice cubes to fill and serve with a fresh lime slice.

ALL RECIPES 12OZ

2. MANGO, PASSIONFRUIT & COCONUT SMOOTHIE

- 2 pumps Coconut Syrup
- Mango & Passionfruit Smoothie
- Water + ice

Fill cup with ice then add water to ⅓ full. Top with smoothie then add to blender with syrup. Blend until smooth and pour into cup to serve.

3. RASPBERRY, POMEGRANATE & COCONUT REFRESHER

- 1 pump Coconut Syrup
- 3 pumps Raspberry & Pomegranate Lemonade Syrup
- Water + ice

Add syrups to cup then top ¾ full with water. Stir and top with ice cubes.

For more recipes and ideas visit **hellosweetbird.com**

MAKE IT WITH MYLK

Don't limit yourself to just using dairy milk. Switch up with plant-based options to create new flavour combinations and offer vegan, dairy-free finished drink options. Try these coconut milk recipes for starters.

SHAKEN NOT STIRRED:

COCONUT THAI ICED TEA

- 2 pumps Coconut Purée
- 2 pumps Iced Tea Syrup
- Coconut milk
- Ice

Fill cup with ice. Add syrup and purée then top with coconut milk. Pour into cocktail shaker and shake vigorously. Pour back into cup to serve.

SHAKEN COCONUT ICED COFFEE

- 2 pumps Coconut Purée
- Double espresso
- Coconut milk
- Ice

Fill cup with ice then add espresso and purée. Top with coconut milk then pour into cocktail shaker. Shake vigorously until well mixed and pour back into cup and serve.

ICED MATCHA COCONUT LATTE

- 2 pumps Coconut Purée
- ½ tsp Cosy Matcha
- Coconut milk
- Ice

Fill cup with ice. Add purée then top with coconut milk. Pour into cocktail shaker with the matcha and shake well. Pour back into cup to serve.

MATCHA COCONUT & MINT FRAPPÉ

- 2 pumps Coconut Purée
- 2 pumps Mint Syrup
- 1 scoop Zuma Yogurt Frappé
- ½ tsp Cosy Matcha
- Coconut milk
- Ice

Fill cup with ice. Add purée and syrup, then top with coconut milk. Pour into blender with the frappé and matcha powder. Blend until smooth and pour back into cup to serve.

COCONUT AVOCADO SHAKE

- 2 pumps Coconut Purée
- 1 pump Lime Syrup
- ½ avocado
- Coconut milk
- Ice

Fill cup with ice then add purée and syrup. Top with coconut milk and pour into blender with the avocado. Blend until smooth and pour back into cup to serve.

DID YOU KNOW? { THE FACTS ON DAIRY-FREE } :

- Millennials are 40% more likely than average to avoid dairy or lactose.*
- Avoidance of dairy driven as much by healthy lifestyles than intolerance*
- Allegra have seen consumer demand for coconut milk increase from 2015 to 2016**

*Mintel, Oct 2015 **Allegra Research, December 2016

BOUNTIFUL BLENDING

Our favourite ice-blended coconut drinks. What's not to love?

COCONUT CRÈME FRAPPÉ

- 2 pumps Coconut Syrup
- 1 scoop Zuma Vanilla Frappé (non-dairy)
- Milk + ice

Fill cup with ice then top with milk. Add to blender with frappé and syrup then blend until smooth. Pour into cup to serve.

CHOCONUT SHAKE

- 2 pumps Coconut Purée
- ½ scoop Zuma Vanilla Frappé (non-dairy)
- Whipped cream
- Cookie Crumb Topping
- Milk + ice

Fill cup with ice then top with milk. Add to blender with frappé and purée then blend until smooth. Pour into cup then top with whipped cream and a sprinkle of Cookie Crumb topping.

TOP TIP: Try these recipes without cream and use non-dairy milk for a vegan, dairy-free option.

COCONUT & LIME SMOOTHIE {SKINNY}

- 2 pumps Coconut Purée
- 2 pumps Lime Syrup
- 1 scoop Zuma Skinny Frappé
- 1 tsp chia seeds
- Milk + ice

Fill cup with ice then add purée and syrup. Top with milk then pour into blender with frappé and chia seeds. Blend until smooth and pour into cup to serve.

TROPICANA SMOOTHIE

- 2 pumps Coconut Purée
- Mango & Passionfruit Smoothie
- 1 scoop Zuma Yogurt Frappé
- 1 scoop granola
- Milk + ice

Fill cup with ice then add smoothie to ⅓ full. Top with milk then add to blender with purée, frappé and granola. Blend until smooth and pour into cup to serve.

BLENDING: DID YOU KNOW?

It is important to choose a cycle that crushes the ice first, before smoothing. If it starts too quickly, the ice will sit on top and not bend.

Always add frappé powder to blender on top of liquid rather than before to ensure complete blending.

The taste profile of the finished iced drink will change once the drink starts to warm up.

Share your drink creations **#SweetbirdFlavourFocus**

Not only does coconut work well with fruity flavours, it's also a perfect pairing with chocolate. Try a fruity Cocoberry Hot Chocolate, a spicy Tropical Chilli Choc, or a cool and creamy frappé with a coffee kick in our Bountiful Frappé recipe. Which one will you chose?

THE HOT STUFF:

COCOBERRY HOT CHOCOLATE

- 1 pump Coconut Syrup
- 1 pump Raspberry Syrup
- 1 scoop Zuma Original Hot Chocolate
- Steamed milk

TROPICAL CHILLI CHOC

- 1 pump Coconut Syrup
- 2 pumps Chilli Syrup
- 1 scoop Zuma Dark Hot Chocolate
- Steamed milk

Method: Mix hot chocolate, syrups and a splash of hot water together in cup. Top with steamed milk, stirring as you pour.

TOP TIP: Try upgrading these recipes by adding whipped cream, Zuma Chocolate Sauce and a sprinkling of desiccated coconut.

COOL BEANS:

BOUNTIFUL FRAPPÉ

- 1 pumps Coconut Syrup
- 1 scoop Zuma Chocolate Frappé
- Single espresso
- Milk + ice

VEGAN COCOA-NUT FRAPPÉ

- 2 pumps Coconut Purée
- ½ scoop Zuma Vanilla Frappé (non-dairy)
- 1 scoop Zuma 100% Cocoa
- Coconut milk + ice

Fill cup with ice then top with milk. Add to blender with all remaining ingredients then blend until smooth. Pour back into cup to serve.

PRODUCT LIST:

ALL RECIPES FEATURE EITHER:
- **SWEETBIRD COCONUT SYRUP**
- **SWEETBIRD COCONUT PURÉE**

To view the full range of Sweetbird products visit **hellosweetbird.com**

LIFE'S A PEACH

Liked these recipes? Next month we'll be giving you a whole collection of delicious peach recipes, made with Sweetbird's Peach Smoothie, Peach Syrup and more. Don't miss it!

@hellosweetbird