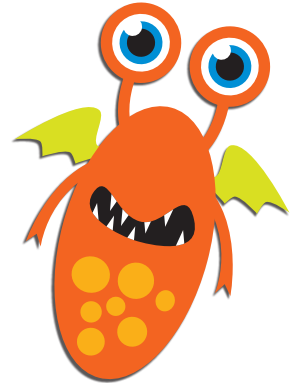




Recipes



Berry, Banana & Avocado Smoothie

1 cup frozen berries (strawberries, raspberries – whatever you like)

1 cup plain yoghurt

1 tsp Flavour Burst Vanilla Essence

1 Tbsp Flavour Burst Milkshake Mix in Bananarama flavour

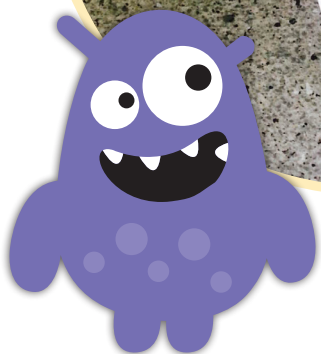
Flesh of ½ an avocado

Milk (optional)

Place all of the ingredients except the avocado into a blender or food processor, and blend until smooth.

Once all ingredients are well-blended, add the avocado and blend til combined – this will ensure that the fat in the avocado will not be over-processed, which makes your mixture too thick.

You can add some milk if the smoothie is thicker than desired.



Oaty Fruity Slice

1 cup rolled oats

1 cup flour

1 cup soft brown sugar

1 cup desiccated coconut

1 ½ cups chopped dried fruit (eg. cranberries, sultanas, apricots etc)

3 Tbsp Flavour Burst Syrup (any flavour, we use Deluxe Golden Maple)

125g butter

2 Tbsp boiling water

1 tsp baking soda

Preheat oven to 180 degrees.

Mix oats, flour, brown sugar, coconut and the dried fruit into a large bowl.

On the stovetop, melt the butter in a saucepan and stir in the syrup – when it has turned to liquid, add to the dry mixture.

In a small jug, mix the hot water and baking soda and add to the mixture.

Mix all ingredients until well combined, before turning out into a greased baking dish.

Cook for 25-30 minutes until golden, but not necessarily firm as it will harden as it cools.

Allow slice to cool completely before cutting.

Make this your own, by adding nuts, seeds or chocolate chips to the mix.



Bringing smiles to families!

Rainbow Cupcakes with Hokey Dokey Icing

CUPCAKES

125g soft butter
1 cup sugar
1 ¼ cups flour
1 ½ tsp baking powder
2 eggs
½ cup milk
Pinch of salt

½ tsp Flavour Burst Vanilla Essence

Flavour Burst food colours
(in as many colours as you like)

Preheat oven to 180 degrees.

Line a muffin tray with paper baking cups.

Place all ingredients in a large mixing bowl and beat for ten minutes or until smooth.

Divide the batter equally into 3 or 4 bowls (depending on how many colours you want).

Add a few drops of different food colouring to each bowl and stir until completely mixed through.

Drop spoonfuls of the coloured mixture into the paper cups, in any order of colours you'd like.

Bake for 15-20 minutes or until a skewer comes out clean from the cupcakes.

Remove from tray and cool on a wire rack.



ICING

¾ cup icing sugar

225g soft butter

¾ cup Tbsp Flavour Burst Syrup
(any flavour, we used Hokey Dokey)

Combine all ingredients in the bowl and beat with an electric mixer on low until the blended, about 1 minute.

Increase speed to high and beat until the mixture becomes light and whipped, about 5 minutes.

Ice the cupcakes and enjoy!

You can flavour the icing according to whichever syrup you prefer.

Peanut Butter & Banana 'Ice Cream'

2-3 bananas (chopped and frozen at least 24 hours prior)

4 Tbsp peanut butter

1 Tbsp Flavour Burst Syrup
(any flavour, we used Vanilla Heaven)

3 Tbsp cocoa powder or hot chocolate mixture

Splash of milk (amount depends on the consistency you want)

Thaw the frozen bananas for 5 minutes before starting, to make them easier to blend.

Place bananas, peanut butter, syrup and chocolate powder in the blender and process until smooth.

Add milk in small splashes until it is the consistency you desire.

Serve immediately, or refreeze in a container until ready to eat.

