



TASTY



LIFE



CHILL BEVERAGES



WWW.NUTRIBEV.COM



TASTY MANGO SMOOTHIE

- 3 BIG TABLESPOONS
SUN UP MANGO
- 1/2 CUP MILK
- 1/2 CUP ICE CUBES
- 1/4 CUP PLAIN YOGURT
(OR PLAIN GREEK YOGURT)
- 1 TABLESPOON HONEY



BEVERAGES

MANGO PINK GUAVA SMOOTHIES



INGREDIENTS

- 2 tbsp Sun Up Mango Fruit Drink Base
- 1 tbsp Sun Up Pink Guava Fruit Drink Base
- 1/2 cup milk
- 2 1/2 cup ice
- 1/4 cup greek yogurt
- 1 tbsp honey

DIRECTIONS

1. Add Sun Up Mango, Sun Up Pink Guava, milk, ice, greek yogurt and honey into blender and blend for about 1 minute or until the smoothie texture is achieved.
2. Pour the smoothie into a glass and add diced mango on top.
3. Ready to Serve.



Honeydew & Lemon Smoothie



INGREDIENTS

- 1 cup ice
- 1/2 cup milk
- Lemon juice from 1/2 lemon fruit
- 3 tbsp Sun Up Honeydew Fruit Drink Base



DIRECTIONS

1. Add lemon juice, 1 tbsp Sun Up Honeydew Fruit Drink Base, milk & ice into blender and blend for about 1 minute or until the smoothie texture is achieved.
2. Add 2 tbsp Sun Up Honeydew Fruit Drink Base into a glass and pour the smoothie into the glass slowly
3. Garnish with slice lemon and honeydew fruit cubes.
4. Ready to serve

HONEYDEW YOGHURT

INGREDIENTS

- Plain Greek yoghurt
- Milk
- Sun Up Honeydew Fruit Drink Base

DIRECTIONS

Mix 100ml plain Greek yoghurt and 70ml milk with Sun Up Honeydew

Freeze for minimum 5 hours.

Ready-to-serve.





• Frozen Yogurt •

Ingredients

Plain Greek Yogurt
Sun Up Pink Guava / Soursop Fruit Drink Base
Milk

Directions

1. Mix 100 mL plain Greek yoghurt and 60 mL mil with 100 mL Sun Up concentrate.
2. Freeze for minimum 5 hours
3. Ready to Serve

MIX BERRY MOCKTAIL

A HEALTHY SMOOTHIE RECIPE



INGREDIENTS

- Mint leaves - 10 slices
- 1 cup of ice
- 150ml of Soda Water
- Lime - 5 slices
- 60ml Sun Up Gold Mixed Berry Fruit Drink Base

DIRECTIONS

1. Rub mint leaves with hand for 10 minutes and put into a cup.
2. Squeeze some lime juice into a cup and put 5 slices of lime into it.
3. Dilute 60ml Sun Up gold Mixed Berry Fruit Drink Base with 50ml water and pour into the cup.
4. Fill up the cup with ice cubes.
5. Add 150ml of Soda water.
6. Put lime slice and mint leaves for decoration.
7. Ready to serve.

