

Fruit drinks

Made with Ponthier fruit puree

Fruit juices

Make a syrup with 800g water and 200g sugar. Mix in 1kg fruit puree. Place in the refrigerator. This is a standard recipe: the quantities of sugar and water must be adapted to the fruit and according to taste.

Smoothies

PROPORTIONS TABLE FOR ONE GLASS (20 to 25cl)

Ponthier puree	accompaniment	sweetener	to cool	method
10 cl banana	8 cl soya milk	2 cl honey	15 cl crushed ice	In a blender
6 cl strawberry 8 cl pineapple	6 cl semi-skimmed milk		5 ice cubes	In a blender
1 cl lime 9 cl pear	9 cl apple juice 5 cl soya milk	1 dash of cane syrup	4 ice cubes	In a blender
4 cl mango 6 cl peach 4 cl passion fruit	½ yoghurt	1 dash of cane syrup	4 ice cubes	In a blender
8 cl raspberry 1 cl lime		1 teaspoon of sugar	1 scoop of vanilla ice cream	in a shaker



Ocean coco

Les Cocktails

PROPORTIONS TABLE FOR ONE GLASS (20 to 25cl)

3 cl mango puree, 2 cl banana puree, 12 cl pineapple puree 1 cl kiwi syrup, In a shaker	3 cl strawberry puree, 2 cl coconut puree, 12 cl blood orange puree, 1 cl caramel syrup In a shaker	2 cl mandarin puree, 2 cl blackcurrant puree, 1 dash of lemon puree, 10 cl cranberry juice, 1 cl apple syrup In a blender	4 cl apricot puree, 4 cl white peach puree, 10 cl apple juice, 1 cl cherry syrup for a sunrise effect In a blender
2 cl pear puree 1 cl banana puree 10 cl orange puree 2 cl dark chocolate syrup 5 cl semi-skimmed milk In a shaker	4 cl Exotic puree 2 cl apricot puree 1 dash of lemon puree 2 cl guava puree, 1 cl blue Curacao syrup for a sunrise effect (shaker).	3 cl Tequila, 2 cl pear puree, 3 cl white peach puree, 10 cl pineapple puree In a shaker, then add 1 cl kiwi syrup for a sunrise effect and finish with 2 cl Mangalore on top of the glass.	5 cl coconut puree, 2 cl lemon puree, 4 cl Gin, 1 cl Grand Marnier, 3 teaspoons of sugar, 5 cl frozen lime puree, 2 basil leaves In a Blender. Finish with 1 cl blue Curacao



Mangok

We can only guarantee the success of these recipes if Ponthier products are used