



# Smoothies & Shakes

Spring/Summer 2026



# Smoothies



## Pineapple Mango and Passionfruit Smoothie

SP21002

Weight | 140g

Units | 12



## Super Berry Smoothie

SP21004

Units | 12 Weight | 151g

### Ingredients

Banana, Strawberry, Cherry  
Blueberry, Lime and Acai Berry



## Mango and Dragon Fruit Smoothie

SP21005

Units | 12 Weight | 140g

### Ingredients

Dragon Fruit, Mango, Pineapple,  
Papaya and Lime



## Strawberry and Banana Smoothie

SP21001

Units | 12 Weight | 150g

### Ingredients

Strawberry and Banana



# Super Green Smoothie

SP21003

Units | 12      Weight | 150g

## Ingredients

Banana, Pineapple, Kale, Ginger and Lime

# Blue Spirulina Smoothie

SP21013

Units | 12      Weight | 140g

## Ingredients

Pineapple, lime, banana & blue spirulina



# Shakes

## Chocolate and Peanut Butter Protein Shake

SP21006

Units | 12      Weight | 140g

### Ingredients

Banana, Dates, Peanut Butter, Cacao and Pea Protein Powder



## Mixed Berry Protein Shake

SP21007

Units | 12      Weight | 140g

### Ingredients

Banana, Strawberry, Blueberry, Vanilla Protein Powder and Almond Butter



## Vanilla Matcha Protein Shake

SP21008

Units | 12      Weight | 140g

### Ingredients

Banana, Spinach, Almond Butter, Vanilla Protein Powder and Matcha Powder



# Cacao & Banana Milkshake

SP21009

Units | 12      Weight | 140g

## Ingredients

Cacao powder, Dates and Banana

# Salted Caramel Milkshake

SP21010

Units | 12      Weight | 140g

## Ingredients

Caramel Nibs, Banana, Coconut Frappe Drops and Himalayan Sea Salt

# Peanut Butter & Date Milkshake

SP21012

Units | 12      Weight | 140g

## Ingredients

Peanut butter, dates, banana and Himalayan sea salt

# Cups & Lids

12oz Smoothie / Shake Cup Lid  
R10053

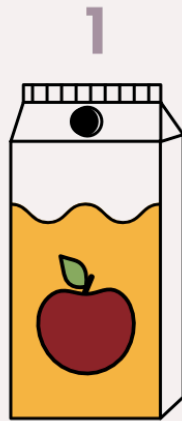


12oz Smoothie / Shake Cup  
R16003

# Step by Step Guide

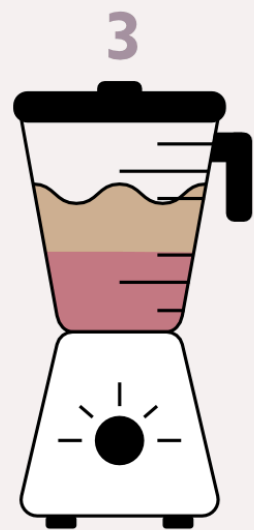
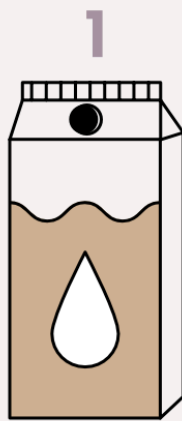
## MAKE THE PERFECT SMOOTHIE

1. Add 200ml of apple juice to a blender
2. Add the contents of a smoothie packet to the blender
3. Blend for 35 seconds or until smooth & serve!



## MAKE THE PERFECT SHAKE

1. Add 200ml of milk or milk alternative to a blender (*recommend Almond or Oat*)
2. Add the contents of a shake packet to the blender
3. Blend for 35 seconds or until smooth & serve!





## Contact Us

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Shake Range



Explore our  
Smoothie Range

