

Vege smoothies

See below a variety of ideas for smoothies to create at your clubs, try not to add sugars or icecreams / jam where you can and let the fresh produce speak for itself.

Play with the quantities and ratios to tastes and have fun experimenting

Green Smoothie :

Banana, Tinned Pineapple, Spinach, Apple Juice

Orange Smoothie :

Carrot, Banana, Orange Juice, Fresh Ginger

Red Smoothie :

Fresh Beetroot, Blueberries, chopped apple, fresh ginger, water (the apples will create the apple juice flavour in this one).

Yellow Smoothie :

banana, mango, pineapple, turmeric, cucumber

“Chocolate Milkshake”

Avocado, coconut milk, cocoa powder (not hot chocolate powder), honey

Watermelon Cooler

Watermelon, cucumber, fresh mint, coconut water

Take a crumpet ...

Some creative ideas to use with the crumpets you will receive from Warburtons

Crumpet Pizza –

Spread the crumpet with tomato puree and sprinkle some cheese, bake in the oven / air fryer / under the grill for a few minutes.

Italian Crumpet –

Spread the crumpet with pesto and sprinkle lightly with cheese, bake in the oven / air fryer / under the grill for a few minutes.

Garlic Bread –

Spread the crumpet with garlic butter after toasting

Soft cheese & cucumber –

Toast the crumpet as usual, spread with soft cheese instead of butter and top with slices of fresh cucumber.

“Eggy Bread”

Use your crumpets as the bread base for traditional eggy bread.

Cheesy Beans Crumpet.

Use your crumpets as a base for beans on toast and and sprinkle with some cheese for a cheesy bean crumpet feast.