



FOODSERVICE

Blend Your Way to Success:

New Smoothie Recipes featuring Pacific Foods® Unsweetened Plant-Based Beverages



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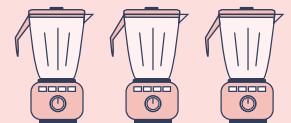
Smoothies are a menu mainstay—with a blender and a few simple ingredients, you can easily create delicious, customizable, on-trend treats that will keep customers coming back. And creating versatile smoothies has always been easy with Pacific Foods® Unsweetened plant-based varieties.

A recent survey from market research company Euromonitor found that eight out of 10 U.S. consumers are reducing sugar in their diets, with 83% of respondents saying they “find sugar reduction to be important in beverages.” The rise of unsweetened offerings is occurring as plant-based milks are also more popular than ever; market research firm Mintel reported plant-based milks earned \$2.95 billion in sales in 2020, a 54% increase from 2015.

With Pacific Foods® Unsweetened products, you are demonstrating your commitment to customer service excellence. Pacific Foods® Unsweetened varieties—using only the highest quality ingredients that Pacific is known for—provide that perfect, creamy smoothie base while saving time on labor.

Variety is the spice of life, and we love to see operators using Pacific Foods® beverages to create unique creations for their customers. Explore some tried-and-true plant-based flavor combinations that will delight your health-conscious patrons’ taste buds.

It's time to get blending!





Golden Mango Smoothie

1 serving

INGREDIENTS:

1½ cups frozen mango chunks

1" piece fresh ginger, peeled and minced or grated

1 cup **Pacific Foods® Organic Unsweetened Coconut Vanilla Beverage**

1 teaspoon agave syrup

½ teaspoon ground turmeric

DIRECTIONS:

1. Add mango, ginger, coconut beverage, agave syrup, and turmeric to a high-speed blender.
2. Blend on high speed until smooth.
3. Pour into a glass and serve immediately.





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Pumpkin Chai Smoothie

1 serving

INGREDIENTS:

- 1 cup frozen sliced bananas
- ½ cup canned pumpkin puree
- ¼ cup sugar-free chai concentrate
- ¾ cup **Pacific Foods® Unsweetened Almond Original Beverage**
- ½ teaspoon ground cinnamon

DIRECTIONS:

1. Add bananas, pumpkin, chai concentrate, almond beverage, and cinnamon to a high-speed blender.
2. Blend on high speed until smooth.
3. Pour into a glass and serve immediately.





Blueberry Cinnamon Smoothie

1 serving

INGREDIENTS:

1 cup frozen blueberries

½ cup frozen sliced banana

1 cup **Pacific Foods® Unsweetened Almond Original Beverage**

½ teaspoon ground cinnamon

½ teaspoon vanilla extract

DIRECTIONS:

1. Add blueberries, banana, almond beverage, cinnamon, and vanilla to a high-speed blender.
2. Blend on high speed until smooth.
3. Pour into a glass and serve immediately.





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Cran-Berry Smoothie

1 serving

INGREDIENTS:

1 cup frozen mixed berries

½ cup frozen sliced banana

¼ cup frozen cranberries

1¼ cups **Pacific Foods® Unsweetened Hemp Original Beverage**

1 teaspoon agave syrup

DIRECTIONS:

1. Add mixed berries, banana, cranberries, hemp beverage, and agave syrup to a high-speed blender.
2. Blend on high speed until smooth.
3. Pour into a glass and serve immediately.





Banana Bread Smoothie

1 serving

INGREDIENTS:

1½ cups frozen sliced banana

¼ cup rolled oats

1 cup **Pacific Foods® Unsweetened Cashew Original Beverage**

½ teaspoon vanilla extract

¼ teaspoon ground cinnamon

Pinch ground nutmeg

Pinch fine sea salt

DIRECTIONS:

1. Add banana, oats, cashew beverage, vanilla, cinnamon, nutmeg, and salt to a high-speed blender.
2. Blend on high speed until smooth.
3. Pour into a glass and serve immediately.





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Protein Plus Green Smoothie

1 serving

INGREDIENTS:

- 1 cup frozen sliced banana
- 1 cup packed fresh baby spinach
- 2 scoops sugar-free vanilla protein powder
- 1 tablespoon unsweetened peanut butter
- 1 cup **Pacific Foods® Organic Unsweetened Almond Vanilla Beverage**

DIRECTIONS:

1. Add banana, spinach, protein powder, peanut butter, and almond beverage to a high-speed blender.
2. Blend on high speed until smooth.
3. Pour into a glass and serve immediately.





Green Goddess Smoothie

1 serving

INGREDIENTS:

1 cup packed fresh baby spinach

½ cup frozen avocado chunks

½ cup frozen sliced banana

½ cup frozen mango chunks

1 cup **Pacific Foods® Organic Unsweetened Soy Original Beverage**

DIRECTIONS:

1. Add spinach, avocado, banana, mango, and soy beverage to a high-speed blender.
2. Blend on high speed until smooth.
3. Pour into a glass and serve immediately.





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HOW TO BUILD THE *Perfect Smoothie*

1 Start with 1 cup of your favorite plant-based beverage

2 Sweeten with fruit

1 cup:

- Berries
- Citrus
- Mango
- Pineapple
- Peach

3 Add some greens

1/2 cup:

- Spinach
- Kale
- Swiss chard
- Your favorite leafy green!

4 Make it creamy

1/4 cup:

- Banana
- Plant-based yogurt
- Avocado
- Silken tofu

OPTIONAL

5 Power it up or add a pinch of flavor

1 cup:

- Nuts
- Hemp seeds
- Chia seeds
- Flax seeds
- Plant-based protein powder

1/2 teaspoon:

- Cinnamon
- Cacao nibs
- Fresh ginger
- Turmeric
- Raw honey

Tips:

- For a thicker smoothie, use frozen fruit, toss in a handful of ice, or reduce the amount of plant-based beverage.
- With shelf-stable cartons, you can always have plant-based beverages on hand!





Explore all Pacific Foods® Plant-Based Beverages

ITEM	PACK SIZE	ITEM DESCRIPTION
6570	12/32 oz	Organic Oat - Original
6580	12/32 oz	Organic Oat - Vanilla
6500	12/32 oz	Organic Almond - Original
6550	12/32 oz	Organic Almond - Vanilla
6503	12/32 oz	Organic Unsweetened Almond - Original
6504	12/32 oz	Organic Unsweetened Almond - Vanilla
6750	12/32 oz	Organic Coconut - Original
6751	12/32 oz	Organic Unsweetened Coconut - Original
6752	12/32 oz	Organic Unsweetened Coconut - Vanilla
8200	12/32 oz	Ultra Soy - Original
6100	12/32 oz	Organic Unsweetened Soy - Original
6600	12/32 oz	Hemp - Original
6601	12/32 oz	Hemp - Vanilla
6603	12/32 oz	Unsweetened Hemp - Original
6604	12/32 oz	Unsweetened Hemp - Vanilla
6652	6/32 oz	Fair Trade Made With Organic Cashew Unsweetened



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