

# Recipes



## ENERGADE BERRY BLAST SMOOTHIE

### INGREDIENTS

200 ml Energade (Berry flavour works best)  
100 g mixed frozen berries (strawberries, blueberries, raspberries)  
1 small banana  
50 ml low-fat yogurt  
Ice cubes

### METHOD

1. Mix all the ingredients together.
2. Pour into suitable containers.
3. Freeze until the desired consistency is reached.
4. Serve

### BENEFITS

- Antioxidant-rich berries for immunity support
- Energade adds electrolytes to keep hydration up
- Naturally sweetened by banana, no added sugar needed



## ENERGADE LEMON & CHIA HYDRATOR

### INGREDIENTS

250 ml Energade  
30 ml Tru-Lem Lemon Juice  
1 tsp chia seeds  
Ice cubes

### METHOD

1. Add chia seeds to lemon juice and let soak for 5 minutes.
2. Combine with Energade and ice in a glass.
3. Stir and serve immediately.

### BENEFITS

- Adds fibre and hydration support.
- Ideal for patient-friendly menus or health-conscious quick service.



Cooling and refreshing. Ideal for hot days or high-traffic quick service environments.

## LEMON MINT ENERGADE COOLER

### INGREDIENTS

250 ml Energade Zero Lemon, Lime & Ginger  
30 ml Tru-Lem Lemon Juice  
1 tsp fresh mint leaves  
Ice cubes

### METHOD

1. Muddle mint leaves gently in the glass.
2. Add ice, lemon juice, and Energade.
3. Stir lightly and serve chilled.



## ADD VALUE TO YOUR GUESTS

Provide guests and visitors with a quick on-the-go snack that's nutritious and fun to enjoy.



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# HOSPITALS & HEALTHCARE



## Serving Summer

with the ultimate Tiger Brands Refreshment Basket!



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# Elevated beverage solutions

Hydration is essential in any healthcare setting, and the right beverages make all the difference. Our range delivers flavourful, easy-to-serve options that cater to a wide variety of patient needs, helping you provide comfort, choice, and a refreshing experience throughout the day.



# Touchpoint solutions

Supporting patients during aftercare and recovery is essential, which is why our beverage range is designed to provide refreshing hydration options to enhance your offerings.

## GENERAL HYDRATION



## KIOSKS



## RESTAURANT OR CATERING OPTIONS



## BREAKFAST BUFFET OR ON-THE-GO PACKS



# Brookes LOW-CAL cordials

Specifically designed to cater to health conscious individuals, these sugar-free cordials are an excellent choice for patients, visitors, and staff looking for low-calorie, diabetic-friendly drink options.

## HEALTH-CONSCIOUS

Endorsed by Diabetes South Africa and the Heart and Stroke Foundation, Brookes cordials are a safe, delicious option for diabetic patients and those following a low-carb diet.

## LOW KILOJoule

With no added sugar and reduced kilojoules, Brookes cordials are perfect for creating refreshing, low-calorie drinks that meet the dietary requirements of patients.

BROOKES®  
**LOW-CAL**



## VERSATILE AND FLAVOURFUL

Available in various fruity, delicious flavours, these cordials can be used to enhance water or craft simple, flavourful beverages, providing a refreshing option at any time of the day.

## PERFECT FOR HOSPITALS

Brookes LOW-CAL Cordials are a vital addition to hospital menus, offering a healthier beverage that supports patients' dietary needs and enhances their recovery experience. These cordials satisfy the taste buds and align with the nutritional guidelines important for patient care.

## LESS SUGAR, MORE SATISFACTION

Choose Brookes LOW-CAL Cordials to provide a high-quality, low-sugar beverage solution that caters to the growing demand for healthier drink options in hospitals.

## PREMIUM QUALITY

Containing 6% real juice, Brookes cordials deliver an authentic, fruity taste that aligns with the high standards expected in healthcare settings.

