Autumn Apple Palmer



Autumn Apple Palmer

Serves 1

Ingredients 3 fl. oz. Gold Peak® Unsweetened Black Tea

1 fl. oz. Simply Apple®

3/4 fl. oz. Monin[®] Granny Smith

Apple Syrup

Garnish Diced Granny Smith apples

Method 1. Fill a 16 oz. glass half full of ice.

2. Combine all ingredients; stir.3. Garnish with diced Granny Smith apples.

Nutritional 150 calories

Information

Simply Apple*, Gold Peak* Unsweetened

Black Tea

Primary Flavor Apple, Citrus, Tea

Profile

Brands

Drink Style Over Ice

Drink Personality Refresher, Seasonal/Holiday



Basil Berry Lemonade



Basil Berry Lemonade

Serves 1

Ingredients 7 fl. oz. Odwalla Lemonade

1 fl. oz. Monin[®] Strawberry Puree

5 fresh basil leaves

Garnish strawberry slice

basil sprig

Method 1. Gently muddle basil leaves in a 16 oz. glass.

2. Combine all ingredients; stir.

3. Fill glass with ice.

4. Garnish with diced a strawberry slice

and a basil sprig.

Nutritional

Information

225 calories

Brands Odwalla® Lemonade, Monin® Strawberry Puree

Primary Flavor

Profile

Berry, Citrus

Drink Style Over Ice

Drink Personality

Refresher



Gold Peak® MargariTea



Gold Peak® MargariTea

Serves

9 fl. oz. Gold Peak® Sweet Tea Ingredients

2 fl. oz. Bacardi[®] Premium Mixers Margarita

Garnish Salt

Lime wedge

1. Coat rim of a 20 oz. glass with water; Method

dip into salt.

2. Fill the prepared glass three-quarters full of ice.

3. Combine all ingredients: stir.

4. Garnish with a lime wedge.

Nutritional

Information

128 calories

Brands Gold Peak® Sweet Tea:

Bacardi® Premium Mixers

Primary Flavor

Profile

Tea Over Ice

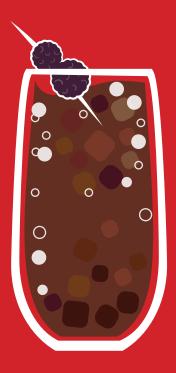
Drink Style Drink

Refresher, Mocktail

Personality



Coca-Cola® Blackberry



Coca-Cola® Blackberry

Serves 1

Ingredients 10 fl. oz. Coca-Cola^o

1 fl. oz. Monin[®] Blackberry Syrup

Garnish Blackberries

Method 1. Fill a 16 oz. glass half full of ice.

Combine all ingredients; stir.
 Garnish with blackberries

Nutritional 220 calories

Information

Brands Coca-Cola®

Primary Flavor Berry

Profile

Drink Style Over Ice

Drink Refresher; Mocktail

Personality



Building Business, Sharing Success

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Peach Colada



Peach Colada

Serves 1

Ingredients 3 fl. oz. Minute Maid® Smoothies Peach

2 fl. oz. Minute Maid[®] Smoothies

Non-Fat Vanilla Yogurt

1 fl. oz. Monin* Coconut Svrup

2 cups ice

Garnish Whipped cream

Peach slice

Method 1. Combine all ingredients in a blender:

process until smooth.

2. Pour into a 16 oz. glass.

3. Garnish with whipped cream and a peach slice.

Nutritional Information

Minute Maid® Smoothies Peach

Minute Maid® Smoothies Non-Fat Vanilla Yogurt

Primary Flavor

Profile

Brands

Peach, Tropical

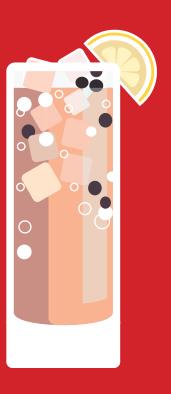
350 calories

Drink Style Blended

Drink Personality Dessert in a Class, Mocktail, Snack



Blue Topaz



Blue Topaz

Serves 1

Ingredients 4 fl. oz. Sprite*

4 fl. oz. Minute Maid®Lemonade

1/2 fl. oz. blueberry syrup 1/2 fl. oz. sour syrup

Garnish Lemon slice

Blueberries

Method 1. Fill a 16 oz. glass half full of ice.

2. Combine all ingredients; stir.3. Garnish with lemon slice

and sprinkle with blueberries.

Nutritional Information 190 calories

Brands Sprite*, Minute Maid* Lemonade

Primary Flavor

Profile

Berry

Drink Style Over Ice

Drink Personality

Refresher, Mocktail



Mango Delight



Mango Delight

Serves 1

Ingredients 3 fl. oz. Minute Maid* Limeade

2 fl. oz. Minute Maid® Smoothies Mango

2 cups ice

Garnish Lime wedge

Method 1. In a blender combine Minute Maid® Limeade,

ice and Minute Maid® Smoothies Mango,

until smooth.

2. Serve in a salt rimmed margarita glass and

garnish with a fresh lime wedge.

Nutritional 140 calories

Information

Brands Minute Maid® Limeade

Minute Maid® Smoothies Mango

Primary Flavor

Profile

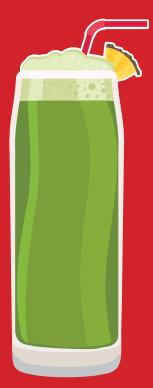
Citrus, Mango

Drink Style Blended

Drink Personality Mocktail



Tropical Green Smoothie



Tropical Green Smoothie

Serves 1

Ingredients 7 fl. oz. Minute Maid* Smoothies Tropical

1/2 cup Spinach

1 cup ice

Garnish Pineapple slice

Method 1. In a blender combine all ingredients

until smooth.

2. Serve in a 16 oz. glass and garnish with a pineapple slice.

Nutritional 365 calories

Information

Brands Minute Maid* Smoothies Tropical

Primary Flavor

Profile

Tropical

Drink Style Blended

Drink Personality Breakfast, snack



Building Business, Sharing Success

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Citrus Kicker



Citrus Kicker

Serves 1

Ingredients 6 fl. oz. Minute Maid* Orange Juice

6 fl. oz. Mello Yello®

Garnish Lime Wedge

Method 1. Fill a 16 oz. glass half full of ice.

2. Combine all ingredients; stir.

3. Garnish with lime wedge.

Nutritional 170 calories

Information

Brands Minute Maid® Orange Juice

Active

Mello Yello®

Primary Flavor Citrus

Profile

Drink Style Over Ice

Drink

Personality



Tropical Limeade



Tropical Limeade

Serves

Ingredients 3 fl. oz. Minute Maid® Lemonade

2 fl. oz. Minute Maid® Smoothies Mango

1 fl. oz. Monin[®] Strawberry Syrup

1/2 fl. oz. fresh-squeezed lime juice

Splash of Sprite® 2 cups ice

Lime wedge, Maraschino cherry Garnish

Method Blend Minute Maid[®] Lemonade. Minute Maid[®]

Smoothies Mango, Monin® Strawberry Syrup and

lime juice until smooth. 2. Pour into a 16 oz. glass.

3. Top with a splash of Sprite. 3. Garnish with lime wedge and cherry.

Nutritional 250 calories

Information

Brands Sprite®, Minute Maid® Lemonade, Minute Maid®

Smoothies Mango

Primary Flavor Profile

Berry, Mango, Citrus

Drink Style

Over Ice

Drink Personality Refresher, Seasonal/Holiday



Frozen Nada Colada



Frozen Nada Colada

Serves 1

Ingredients 4 fl. oz. ZICO* Pineapple Flavored

Premium Coconut Water

2 fl. oz. Minute Maid[®] Smoothies

Non-Fat Vanilla Yogurt

2 tbsp. Crushed pineapple, canned

1/2 fl. oz. Ginger syrup

1 cup ice

Garnish Pineapple wedge

Method 1. Add all ingredients to a blender and blend

until smooth frappe texture has been achieved.

Nutritional 170 calories

Brands ZICO* Pineapple Flavored Premium

Coconut Water, Minute Maid® Smoothies

Non-Fat Vanilla Yogurt

Primary Flavor

Profile

Pineapple, Vanilla

Drink Style Blended

Drink Personality Mocktail



Blue Tea Punch



Blue Tea Punch

Serves 1

Ingredients 8 fl. oz. Gold Peak® Green Tea

4 fl. oz. Minute Maid® Blueberry Lemonade

Garnish Lemon wheel

Method 1. Fill a 16 oz. glass half full of ice.

Combine all ingredients; stir.
 Garnish with lemon wheel

240 calories

Nutritional Information

Brands Gold Peak® Green Tea: Minute Maid®

Blueberry Lemonade

Primary Flavor Tea, Berry, Citrus

Profile

Drink Style Over Ice

Drink A

Personality

Active, Mocktail, Refresher



Building Business, Sharing Success

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Virgin Strawberry Freeze Daiquiri



Virgin Strawberry Freeze Daiquiri

Serves 1

Ingredients 3 fl. oz. Minute Maid* Limeade

2 fl. oz. Minute Maid[®] Smoothies Strawberry

1 cup ice

Garnish Strawberry

Method 1. Add all ingredients to a blender and

blend until smooth.

Pour into a martini glass.

3. Garnish with strawberry.

Nutritional 140 calories

Information Brands

Minute Maid® Limeade. Minute Maid®

Smoothies Strawberry

Primary Flavor

Profile

Citrus, Strawberry

Drink Style Blended

Drink Personality Mocktail



Building Business, Sharing Success

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Minute Maid® Light Lemonade Ginger Fizz



Minute Maid® Light Lemonade Ginger Fizz

Serves 1

Ingredients 6 fl. oz. Minute Maid* Light Lemonade

2 fl. oz. Seagram's* Club Soda

1 fl. oz. ginger syrup

Garnish Lime wedge

Method 1. Fill a 16 oz. glass half full of ice.

2. Combine all ingredients; stir.

Garnish with lime wedge.

Nutritional 87 calories

Information

Brands Seagram's Club Soda,

Minute Maid® Light Lemonade

Primary Flavor Citrus

Profile

Drink Style Over Ice

Drink Refresher

Personality

Refresher, Mocktail



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Coke Zero™ Patriot



Coke Zero™ Patriot

Serves 1

Ingredients 5 fl. oz. Coke Zero™

5 fl. oz. Minute Maid® Cranberry Juice

2 fl. oz. Seagram's® Club Soda

Garnish Lime wedge

Method 1. Fill a 16 oz. glass half full of ice.

2. Combine all ingredients; stir.

3. Garnish with lime wedge.

Nutritional Information 73 calories

Brands Coke Zero™, Seagram's® Club Soda,

Minute Maid® Cranberry Juice

Primary Flavor

Profile

Cranberry

Drink Style O

Over Ice

Drink Personality Refresher, Less than 100 Calories, Mocktail



Building Business, Snaring Success

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Peach Berry Freeze



Peach Berry Freeze

Serves 1

Ingredients 8 fl. oz. vitaminwater zero™ xxx

(acai blueberry pomegranate flavored

+ other natural flavors)

3 oz. fresh peach, peeled and sliced

2 tsp. fresh ginger, grated

1 cup Ice

Garnish Peach Slice

Method 1. Chill a pint glass for service.

2. Place all ingredients in a blender and

blend until smooth.

3. Pour into chilled pint glass.

Nutritional Information 150 calories

Brands vitaminwater zero™ xxx

(acai blueberry pomegranate flavored

+ other natural flavors)

Primary Flavor

Profile

Peach

Drink Style Blended

Drink Personality Refresher, Mocktail, Active



Mango Sparkler



Mango Sparkler

Serves 1

Ingredients 4 fl. oz. Seagram's* Club Soda

4 fl. oz. ZICO* Natural Pure Premium Coconut Water

1/2 fl. oz. Monin* Sugar Free Mango Syrup

Garnish Lemon wheel

Method 1. Add all ingredients to a blender and blend

until fully incorporated and a frappe texture

has been achieved.

2. Garnish with lemon wheel.

Brands Seagram's* Club Soda, ZICO* Natural Pure

Premium Coconut Water, Monin[®] Sugar Free

Mango Syrup

Primary Flavor

Mango, Coconut

Profile

Drink Style

Blended

Drink Personality Refresher, Mocktail



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Minute Maid® Light Raspberry Smoothie



Minute Maid® Light Raspberry Smoothie

Serves

Ingredients 8 fl. oz. Minute Maid® Light Raspberry

Smoothies 1 cup ice

Garnish Fresh Raspberries

Method Add all ingredients in a blender and

blend until fully incorporated and a frappe

texture has been achieved.

Nutritional 150 calories

Information

Brands Minute Maid® Light Raspberry Smoothies

Primary Flavor

Profile

Fruity

Drink Style Blended

Drink Personality Refresher, Mocktail, Active



Building Business, Sharing Success

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Sweet & Spicy Georgia Coffee



Sweet & Spicy Georgia Coffee

Serves 1

Ingredients 6 fl. oz. Georgia Coffee® Mocha

2 fl. oz. Monin* Spicy Chocolate Syrup

5 oz. ice

Garnish Chocolate syrup drizzle

Method Add all ingredients in a blender and

blend until fully incorporated and a frappe

texture has been achieved.

Nutritional Information 580 calories

Brands Georgia Coffee® Mocha Monin® Spicy Syrup

Coffee, Mocha

Primary Flavor Profile

Tonic

Drink Style Blended

Drink Personality Coffee



Building Business, Sharing Success

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A Flare of Grapefruit



A Flare of Grapefruit

Serves

Ingredients 4 fl. oz. vitaminwater® xxx (acai blueberry

pomegranate flavored + other natural flavors)

4 fl. oz. Simply Grapefruit® Dash Angostura Bitters Splash of Sprite®

Garnish Grapefruit peel

Method 1. Stir together vitaminwater®, grapefruit juice,

and bitters.

2. Strain cocktail into a chilled cocktail glass and

top beverage with Sprite®

3. Garnish with grapefruit peel.Nutritional 150 calories

Information

Brands vitaminwater zero™ xxx (acai blueberry

pomegranate flavored + other natural flavors),

Simply Grapefruit®, Sprite®

Primary Flavor

Profile

Citrus

Drink Style Over Ice

Drink Refr

Personality

Refresher

