



## WELCOME TO SMOOTHIE OPERATORS

Now that you have decided to offer our great smoothies in your business, we are sure you will not be disappointed, and neither will your customers.

If we can be of any assistance please don't hesitate to get in touch.

Now that you are a customer you can order directly from our sales team. They can be reached on 01789 740094, 9am to 5 pm Monday to Friday. You will be able to pay by card or cash on delivery, or if you prefer even open an account.

Enjoy being a ***SMOOTHIE OPERATOR !***

Yours sincerely

Jonathan Fleet  
Director

Healthy Food Fast !

E-mail: [sales@smoothieoperators.co.uk](mailto:sales@smoothieoperators.co.uk)  
Web site: [www.smoothieoperators.co.uk](http://www.smoothieoperators.co.uk)



## How to be a **smoothie operator**

### **How to be a Smoothie Operator**

We have put the tools in your hands to make the best smoothies ever. As with anything there is a right way and a wrong way !

With our Smoothie Packs you can make a 12oz/330ml or a 16oz/450ml smoothie. The method we recommend is the same for both sizes, and varies slightly for those using Frozen Yogurt.

To make smoothies you need a good blender. With our Smoothie Packs and Frozen Yogurt being frozen, the blender has a lot of work to do, so a domestic blender from Argos is not going to do the job ! We can recommend and supply blenders if you need one.

Before we talk about the method, let us talk about fruit juice quickly. Fruit juice is a large component of any smoothie, and as such the taste of the juice can overtake the whole smoothie. We recommend (our recipes and costing are based on this) that you DILUTE your juices 50/50 with water before using in a smoothie. You should do this BEFORE you serve the smoothies, be prepared with a quantity of diluted juice in a jug , in your fridge. As we use frozen fruit there is no need for ice in our smoothies, however diluting the juice makes sure the flavours are ideally balanced.

### **Making a FRUIT & YOGURT 12oz/330ml Smoothie.**

Take the cup/glass you are going to serve your smoothie in. Empty in 1 smoothie pack sachet. Take a ProBiYo frozen yogurt bar and snap in half. Put half into the glass, keep the other half wrapped in the freezer for the next smoothie !

Fill the glass up with your pre-diluted juice. This should be approx 150ml.

Empty the contents of the glass into the blender. Blend until smooth (This will be using button 3 on a Blendtec) . Pour back into the glass. Put on lid, insert straw, serve with a smile !

Using this method you make the exact amount required for the glass, no waste and consistently excellent quality !

Making a FRUIT ONLY 12oz/330ml Smoothie.

Take the cup/glass you are going to serve your smoothie in. Empty in 1 smoothie pack sachet. Fill the glass up with your pre-diluted juice. This should be approx 225ml.

Empty the contents of the glass into the blender. Blend until smooth (This will be using button 3 on a Blendtec) . Pour back into the glass. Put on lid, insert straw, serve with a smile !

Using this method you make the exact amount required for the glass, no waste and consistently excellent quality !

Making a FRUIT & YOGURT 16oz/450ml Smoothie.

Take the cup/glass you are going to serve your smoothie in. Empty in 1 smoothie pack sachet. Take a ProBiYo yogurt bar and put into the glass.

Fill the glass up with your pre-diluted juice. This should be approx 300ml.

Empty the contents of the glass into the blender. Blend until smooth (This will be using button 4 on a Blendtec). Pour back into the glass. Put on lid, insert straw, serve with a smile !

Using this method you make the exact amount required for the glass, no waste and consistently excellent quality !

Making a FRUIT ONLY 16oz/450ml Smoothie.

Take the cup/glass you are going to serve your smoothie in. Empty in 1 and a half smoothie pack sachets. Keep the half for your next 16oz smoothie, in the freezer. Fill the glass up with your pre-diluted juice. This should be approx 325ml.

Empty the contents of the glass into the blender. Blend until smooth(This will be using button 4 on a Blendtec) . Pour back into the glass. Put on lid, insert straw, serve with a smile !

Using this method you make the exact amount required for the glass, no waste and consistently excellent quality !

 **ORTH POLE INVESTMENTS Ltd**

HRI  
Wellesbourne  
Warwick  
CV35 9EF  
Tel: 0845 302 4592  
Fax: 0845 302 4593



## www.smoothieoperators.co.uk – 2011

| Article | Description  | List Price | VAT      | QTY  | UNIT  |
|---------|--|------------|----------|------|-------|
| PA000   | Clear 10oz / 360ml Plastic Cups (33% recycled)             | 44.00      | Standard | 1000 | 0.04  |
| PA001   | Clear 12oz / 360ml Plastic Cups (33% recycled)             | 49.00      | Standard | 1000 | 0.05  |
| PA002   | Clear 16oz / 500ml Plastic Cups (33% recycled)             | 62.00      | Standard | 1000 | 0.06  |
| PA003   | Clear 21oz / 600ml Plastic Cups (33% recycled)             | 74.00      | Standard | 1000 | 0.07  |
| PA103   | Domed lid for ALL Plastic Cups (33% recycled)              | 30.00      | Standard | 1000 | 0.03  |
| PA201   | Plastic Straws (1000)                                      | 8.50       | Standard | 1000 | 0.009 |
| PB000   | Clear 10oz / 360ml Plastic Cups (Biodegradable)            | 54.00      | Standard | 1000 | 0.05  |
| PB001   | Clear 12oz / 360ml Plastic Cups (Biodegradable)            | 56.00      | Standard | 1000 | 0.06  |
| PB002   | Clear 16oz / 500ml Plastic Cups (Biodegradable)            | 68.00      | Standard | 1000 | 0.07  |
| PB003   | Clear 21oz / 600ml Plastic Cups (Biodegradable)            | 79.00      | Standard | 1000 | 0.08  |
| PB103   | Domed lid for ALL Plastic Cups (Biodegradable)             | 35.00      | Standard | 1000 | 0.04  |
| PB201   | Jumbo Straws (5000)  | 24.00      | Standard | 5000 | 0.00  |
| SP001   | Strawberry Banana Classic - Case 42                        | 26.50      | Zero     | 42   | 0.63  |
| SP002   | Blueberry Hill - Case 42                                   | 26.50      | Zero     | 42   | 0.63  |
| SP003   | Paradise Island - Case 42                                  | 26.50      | Zero     | 42   | 0.63  |
| SP004   | RazzMan  | 26.50      | Zero     | 42   | 0.63  |
| SP005   | Strawberry Straight Up                                     | 26.50      | Zero     | 42   | 0.63  |
| SP006   | Pineapple Orange Sunset                                    | 26.50      | Zero     | 42   | 0.63  |
| SP007   | Classic Mixed Case (SP005, SP001, SP002)                   | 26.50      | Zero     | 42   | 0.63  |
| SP008   | Tropical Mixed Case (SP003, SP004, SP006)                  | 26.50      | Zero     | 42   | 0.63  |
| YF001   | ProBiYo Bar - Case 42                                      | 19.95      | Zero     | 42   | 0.48  |
| YF001   | ProBiYo Tart - Case 10 x 1Kg                               | 132.00     | Zero     | 10   | 13.20 |
| TB000   | Fruit Paste Flavours for Soft Serve Mix (Various Flavours) | 3.60       | Zero     | 1    | 3.60  |
| YF003   | Pear Sorbet - 4 litre                                      | 10.00      | Standard | 4    | 2.50  |
| YF004   | Elderflower Sorbet - 4 litre                               | 10.00      | Standard | 4    | 2.50  |

### ORDERING

Smoothie Operators

W: [www.smoothieoperators.co.uk](http://www.smoothieoperators.co.uk)

E: [sales@smoothieoperators.co.uk](mailto:sales@smoothieoperators.co.uk)

P: 0845 302 4592

F: 0845 302 4593

Prices Subject to Change

**Minimum order Dry Goods - £ 60 - Minimum Order Frozen Goods - £ 60**



# HOW TO BE A SMOOTHIE OPERATOR !



**SMOOTHIE  
PACK**



**YOGURT  
PORTION**



**INTO  
CUP**



**FILL WITH  
JUICE**



**BLEND**

**JUICE RECOMMENDATIONS**  
Pineapple or Orange with -  
**RAZZMAN/ PARADISE ISLAND**  
**PINEAPPLE SUNSET / STRAWBERRY**  
Apple with **BLUEBERRY HILL**  
Pineapple with **STRAWBERRY BANANA**



**THE PERFECT  
SMOOTHIE !**