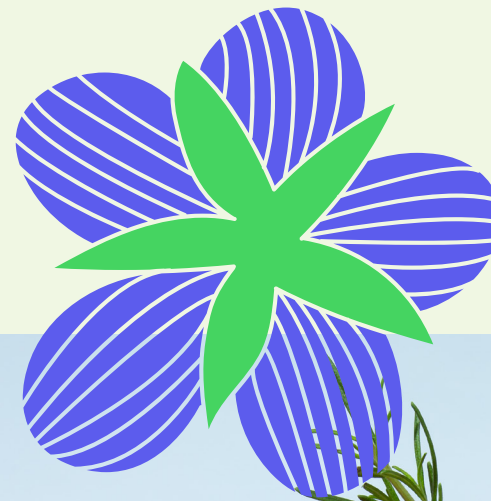
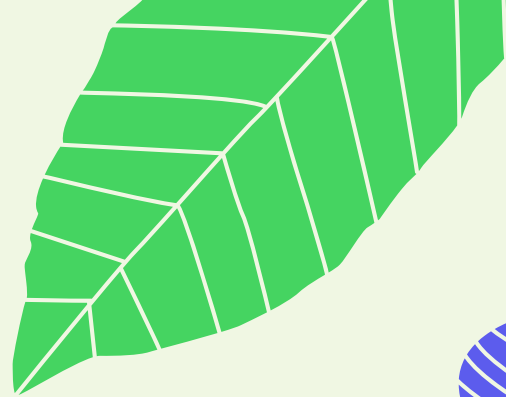


Recipes

TROPICCOOL

Bowls, drinks, smoothies & juices





Bowls



Base

Tropicool Açai
Tropicool Mango

Toppings / Fruits

Banana
Blueberry
Kiwi

Strawberry
Grated coconut
Coconut flakes

Toppings / Extras

Granola
Honey
Yogurt
Ninho Milk
Chia

Peanut butter
Paçoca
Cocoa nibs
Whey protein
Nuts

Tropicool Cocktails



Brazilian Flower

Ingredients

200ml Tropicool açaí
60ml white cachaça
20ml ginger syrup
20ml grapefruit juice
30ml orange juice

Garnish

low glass
grapefruit peel
basil branch

Preparation mode

Vigorously mx the ingredients in the shaker with plenty of ice.
Double strain into a glass filled with ice.
Perfume and decorate with the garnish



Açaí Martini

Ingredients

40ml Tropicool açaí

50ml vodka

20ml Triple Sec liquor

10ml lemon

Garnish

cocktail glass

lemon peel

Preparation mode

Vigorously mix the ingredients in the shaker with plenty of ice.

Double strain the cup.

Perfume and decorate with the garnish.



Açaí Tonic

Ingredients

30ml Tropicool açaí

60ml gin with mint infusion

10ml lime

30ml tonic

Garnish

Collins cup

Bahia orange peel

mint branch

Preparation mode

Infusion: 5 sachets (10g) of mint tea per liter.

Vigorously mix açaí, gin and lemon with plenty of ice in the cocktail shaker.

Double strain into a glass filled with ice.

Complete with tonic. Perfume and decorate with the garnish.

Golden Rosemary

Ingredients

30ml Tropicool mango
60ml gin
30ml apple juice
20ml lemon
10ml simple syrup

Preparation mode

Vigorously mix the ingredients in the shaker with plenty of ice.
Double strain into a glass filled with ice.
Perfume and decorate with the garnish.

Garnish

Collins cup
Bahia orange peel
rosemary branch



Mango Collins

Ingredients

30ml Tropicool mango
50ml vodka
20ml lemon
20ml carbonated water
10ml simple syrup

Garnish

Collins cup
Bahia orange peel
Amarena cherry

Preparation mode

Make the drink mounted in the glass with plenty of ice.
Mix well with the bailarina.
Perfume and decorate with the garnish.

Smoothies & Juices



Choco Blast

330 / 500 ml

Ingredients

120 / 200ml Tropicool açai

80 / 150ml almond milk

50 / 100g frozen banana

10 / 20g chocolate whey protein

1 / 2 ice cubes

Cocoa Nibs (to decorate)



Amazon Pump 330 / 500 ml

Ingredients

120 / 200ml Tropicool açai
50 / 100ml coconut water
50 / 100g frozen banana
10 / 20g vanilla whey protein
1 / 2 ice cubes

Aloha 330 / 500 ml

Ingredients

150 / 250ml Tropicool mango
120 / 200ml coconut water
1/2 / 1 ginger slice
1 / 2 ice cubes

Greko 330 / 500 ml

Ingredients

150 / 250ml Tropicool açai
60 / 100ml greek yogurt
50 / 100g frozen banana
1 / 2 tablespoons honey
1 / 2 ice cubes

Peanutz 330 / 500 ml

Ingredients

120 / 200ml Tropicool açai
80 / 150ml almond milk
50 / 100g frozen banana
1 / 2 tablespoons peanut butter
1 / 2 ice cubes





Greens 330 / 500 ml

Ingredients	30 / 50g pineapple
100 / 130ml Tropicool mango	1/2 / 1 ginger slice
80 / 110ml coconut water	2 / 3 mint leaves
30 / 50g spinach	1 / 2 ice cubes

Açaí & Orange Juice 330 / 500 ml

Ingredients

150 / 250ml Tropicool açaí
100 / 160ml orange juice
2 / 3 ice cubes

Açaí & Strawberry Juice 330 / 500 ml

Ingredients

150 / 250ml Tropicool açaí
50 / 80g strawberries
2 / 3 ice cubes

Açaí & Banana Juice 330 / 500 ml

Ingredients

150 / 250ml Tropicool açaí
100 / 150g banana
2 / 3 ice cubes