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Contributors

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GREAT SHAKES

FROM

Complan



GREAT SHAKES

COMPLAN COCKTAIL RECIPES

KNICKERBOCKER GLORY

1 serving Natural Complan
200mls cold water
3 tablespoons stewed/
pureed apple
½ banana yoghurt
½ apricot yoghurt
2 teaspoons
strawberry dessert sauce
1 dessertspoon
vanilla ice cream (optional)



CARAMEL CREAM

1 serving Natural Complan
200mls cold water
2 teaspoons maple syrup
4 drops vanilla essence
1 dessertspoon cream



STRAWBERRY DREAM

1 sachet Strawberry Complan
200mls cold water
2 teaspoons strawberry fruit spread
1 dessertspoon cream

COMPLAN FLOAT

1 serving Complan
(Chocolate/Strawberry/Natural)
200mls cold water
1 dessertspoon
vanilla ice cream
1 dessertspoon vanilla ice cream
to float when served



BANANA FLIP

1 serving Natural Complan
200mls cold water
½ banana yoghurt
1 dessertspoon
vanilla ice cream



PEACH MELBA

1 serving Natural Complan
200mls cold water
½ peach yoghurt
2 tablespoons raspberry jam

DOUBLE CHOC

1 sachet Chocolate Complan
200mls cold water
1 teaspoon chocolate spread
1 dessertspoon cream
(optional)



BRANDY ALEXANDER

1 serving Natural Complan
200mls cold water
1 level teaspoon chocolate spread
4 drops brandy flavouring
(or a tablespoon of brandy!)
1 tablespoon cream
1 dessertspoon
vanilla ice cream
(optional)

MOCHA

1 sachet Chocolate Complan
200mls cold water
1 teaspoon instant coffee



BLACK FOREST

1 sachet Chocolate Complan
200mls cold water
½ black cherry yoghurt
1 dessertspoon cream
(optional)



Place ingredients in a shaker with 200mls of cold water and shake for 30 seconds:-
All cocktails are best served chilled (make with cold water or add an ice cube to the recipe)

Do not use the Complan shaker for hot drinks



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