

ORGANIC PROTEIN POWDER RECIPES



Our Organic Protein Powder is a carefully blended mix of cocoa, maca and hemp to offer a malty taste. We've taken time to develop the blend; using just three plant based ingredients without the need for added flavours or sweeteners. With the many health benefits associated with maca, hemp and cocoa, Zuma Organic Protein Powder is the simplest way to add great tasting protein to drinks. Enjoy hot in steamed drinks or add to frappés for a protein boost.

- CONTAINS 32% PROTEIN PER 100G
- NO ADDED SUGAR
- HIGH IN FIBRE
- 100% ORGANIC
- NO ARTIFICIAL COLOURS, FLAVOURS, ADDITIVES OR PRESERVATIVES
- APPROVED BY THE VEGAN SOCIETY
- APPROVED BY THE ORGANIC FOOD FEDERATION

PEANUT BUTTER PROTEIN MILKSHAKE

- Ice + skimmed milk
 - 1 scoop Sweetbird Chocolate frappé
 - 2 pumps Sweetbird Peanut Butter syrup
 - 3 mini scoop Zuma Protein powder
1. Half fill cup with ice
 2. Fill cup with milk (to 1 cm below the top)
 3. Pour contents of cup into blender jug
 4. Add frappé, syrup and protein powder
 5. Put the lid on tightly then blend until smooth

CHOCONUT PROTEIN FRAPPE

- Ice + coconut milk
 - 1 scoop Sweetbird Chocolate frappé
 - 3 mini scoop Zuma Protein powder
1. Fill cup with ice, level with the top of the cup
 2. Pour milk over ice (to the top)
 3. Pour contents of cup into blender jug
 4. Add frappé and protein powder
 5. Put the lid on tightly then blend until smooth

PROTEIN HAZELNUT HOT CHOCOLATE

- ½ medium scoop Zuma Fairtrade Organic Hot Chocolate
 - 3 mini scoop protein powder
 - 2 pumps Sweetbird Hazelnut syrup
 - Skimmed milk
1. Add hot chocolate and protein powder to a cup, add a splash of hot water and mix to a smooth paste
 2. Add syrup to cup
 3. Add steamed milk, stirring as you pour

BREAKFAST FRAPPE

- Ice + oat milk
 - 1 Scoop Sweetbird Yogurt frappé
 - 1 pump Sweetbird Banana purée
 - 1 small scoop Zuma protein powder
1. Fill cup with ice, level with the top of the cup
 2. Pour milk over ice (to the top)
 3. Pour contents of cup into blender jug
 4. Add frappé, purée and protein powder
 5. Put the lid on tightly then blend until smooth

For a caffeine boost, pour a double espresso over the ice, before filling with milk

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