

# FROU=FROU

## Frappés

All recipes are based on a 350ml glass.

### **Pineapple and Star Anise Frappé**

60 ml / ¼ cup Pineapple and Star Anise Frou-Frou  
40 ml / 2 tablespoons light coconut cream  
One slice fresh or tinned pineapple  
240 ml / 1 cup Ice cubes  
Blend until smooth  
Serve garnished with mint

### **Pear and Blueberry Frappé**

60 ml / ¼ cup Pear and Blueberry Frou-Frou  
2 heaped tablespoons frozen blueberries  
60 ml / ¼ cup low fat natural yoghurt  
200 ml / ¾ cup Ice cubes  
Blend until smooth  
Sprinkle with cinnamon

### **Passionfruit and Lemongrass Frappé**

60 ml / ¼ cup Passionfruit and Lemongrass Frou-Frou  
60 ml / ¼ cup low fat natural yoghurt  
200 ml / ¾ cup Ice cubes  
Blend and then add 2 tablespoons of passionfruit pulp  
Serve with strip of lemongrass as a stirrer

### **Blood Orange and Cardamom Frappé**

60 ml Blood Orange and Cardamom Frou-Frou  
300ml / 1 ½ cup Ice cubes  
Blend and add 6 small wedges of orange

### **Mango Lassi**

60ml / ¼ cup Just Mango Frou-Frou  
20ml / 1 tablespoon light coconut cream  
60 ml / ¼ cup low fat natural yoghurt  
1 slice frozen mango  
200 ml Ice  
Blend until smooth and sprinkle with ground nutmeg

### **Granny Smith and Fresh Ginger Lassi**

60ml Granny Smith and Fresh Ginger Frou-Frou  
80 ml / 1/3 cup low fat natural yoghurt  
200ml Ice  
Blend until smooth and add a couple of thin slices of fresh ginger

### **Lime and Kaffir Lime Leaves Frappé**

60ml Lime and Kaffir Lime Frou-Frou  
300ml / 1 ½ cups ice cubes  
Blend well and add 1 lime cut into 8 wedges