

NURTURE GOOD GUT HEALTH, NATURALLY |

akesi

TASTE TEASERS TO INSPIRE AND NOURISH



2021 / AKESI TASTE TEASERS TO INSPIRE AND NOURISH

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- 5 ELDERBERRY BOOST POWDER

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BERRY SPRITZER

This probiotic tonic is rich in antioxidants and is the favourite amongst children and adults with a sweet palate looking to replace sugary sodas and juice.

Berry Spritzer Cooler

1 tablespoon Berry Spritzer
250 ml sparkling water
Fresh lime wedge
Sprig of mint
Plenty of ice

Children's Pink Drink

½ tablespoon Berry Spritzer
200 ml still water
Decorate with chopped strawberries

Children's Special Berry Smoothie

½ tablespoon Berry Spritzer
Fresh watermelon
Mixed frozen berries
Coconut water

Probiotic Antioxidant Berry Smoothie

1 tablespoon Berry Spritzer
Nut mylk
Cauliflower
Zucchini
Mixed frozen berries

Very Berry Bowl

1 tablespoon Berry Spritzer
Coconut mylk
Avocado
Collagen powder
Mixed frozen berries
Decorate with bee pollen and berries

Cooldown Icy Poles / Poolside Iceblocks

1 tablespoon Berry Spritzer per cup water
Watermelon
Mint

* 1 TABLESPOON BIO-FERMENTED TONIC : 250 ML LIQUID



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PAPAYA TONIC

Subtle and slightly tart, this probiotic tonic is rich in important phytonutrients. Papaya Leaf Pomegranate Tonic is a local favourite to help with digestion and immune support.

Papaya Leaf Pomegranate Cooler

- 1 tablespoon Papaya Tonic
- 250 ml sparkling water
- Fresh lime wedge
- Slice of lemongrass
- Plenty of ice

Phytonutrient Smoothie

- 1 tablespoon Papaya Tonic
- Frozen spinach
- Avocado
- Kiwifruit
- Mint
- Pineapple
- Nut mylk

Supportive Bowl

- 1 tablespoon Papaya Tonic
- Coconut water
- Coconut yoghurt
- Frozen spinach
- Banana
- Pure protein powder
- Decorate with pomegranate, chia seeds and coconut flakes

Good Gut Health Salad Dressing

- 1 tablespoon Papaya Tonic
- Apple Cider Vinegar
- Pureed raspberries
- Chopped fresh basil
- Extra Virgin Olive Oil
- Dijon mustard
- Sea salt

* 1 TABLESPOON BIO-FERMENTED TONIC : 250 ML LIQUID



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TURMERIC TONIC

Our anti-inflammatory powerhouse, this spicy tonic packs a probiotic and nutritious punch. Ideally for people on-the-go, pre- or post-workout, or for those wanting to dampen down inflammation in the body.

Anti-inflammatory Cooler

- 1 tablespoon Turmeric Tonic
- 250 ml sparkling water
- Fresh lemon wedge
- Slice of fresh ginger
- Plenty of ice

Probiotic Anti-inflammatory Juice

- 1 tablespoon Turmeric Tonic
- Lemon
- Ginger
- Orange
- Carrot

Immune Support Shot

- 1 tablespoon Turmeric Tonic
- Apple Cider Vinegar
- Lemon
- Manuka Honey

Probiotic Anti-inflammatory Bowl

- 1 tablespoon Turmeric Tonic
- Mango
- Passionfruit
- Pineapple
- Collagen Powder
- Coconut Yoghurt
- Coconut milk
- Decorate with passionfruit, chia seeds

Good Gut Health Salad Dressing

- 1 tablespoon Turmeric Tonic
- Apple Cider Vinegar
- Mustard seeds
- Extra Virgin Olive Oil
- Lemon
- Garlic powder
- Sea salt

* 1 TABLESPOON BIO-FERMENTED TONIC : 250 ML LIQUID



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PROBIOTIC+ BASE

This versatile synbiotic powder is for adults and babies from birth. BASE is a white, unflavoured powder that dissolves in food and liquids - including infant formula - we love it added to bliss balls and smoothies.

Breakfast Smoothie

- 1 teaspoon BASE
- Mixed nut butter
- Banana
- Avocado
- Chocolate protein powder
- Pure vanilla
- Nut mylk

Synbiotic Bowl

- 1 teaspoon BASE
- Red dragon fruit
- Frozen mango
- Zucchini
- Coconut mylk
- Coconut yoghurt
- Pure protein powder
- Decorate with pineapple and coconut

Pick Me Up Bliss Balls

- 1 teaspoon BASE
- Medjool dates
- Macadamia nuts
- Cashew butter
- Coconut Oil
- Dessicated coconut to roll

Teething Toddler Iceblocks

- 1 teaspoon BASE
- Plain yoghurt
- Fruit puree of choice

* 1 TEASPOON PROBIOTIC+ POWDER PER PERSON

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ELDERBERRY BOOST

Compliance is a breeze with our synbiotic Elderberry Boost powder. This is for adults and children over 3 years of age and can be taken directly on the tongue as sherbet or mixed into food or drinks for extra support.

Feed Your Gut Bugs Smoothie

1 teaspoon Elderberry Boost
Avocado
Strawberries
Banana
Flaxseeds
Nut mylk

The Best Start Smoothie

1 teaspoon Elderberry Boost
Cauliflower
Protein powder
Frozen mixed berries
Nut mylk

Boost Your Yoghurt

1 teaspoon Elderberry Boost
Yoghurt of choice
Collagen powder
Decorate with grain-free granola

Fabulous Fibre Chia Pudding

1 teaspoon Elderberry Boost
Chia seeds
Coconut mylk
Pure maple syrup
Berry coconut yoghurt
Decorate with berries

Pick Me Up Bliss Balls

1 teaspoon Elderberry Boost
Medjool dates
Dried cranberries
Dessicated coconut
Soaked almonds
Sunflower seeds
Pumpkin seeds
Coconut oil

* 1 TEASPOON PROBIOTIC+ POWDER PER PERSON





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