



BEVERAGES **WITH & FRUIT & VEG

This e-book is your guide to fresh, flavour-packed drinks—cocktails, mocktails, smoothies, and shakes—made with Perfection produce like Calypso® mangoes, crisp Qukes® baby cucumbers, and juicy Perfection berries, each recipe simple, nourishing, and designed to elevate everyday moments with the brilliance of truly fresh ingredients.





ABOUT PERFECTION FRESH

Perfection Fresh has been the pioneer in delivering premium-quality fresh produce, tailored to Australian diets and lifestyles since 1978. With a dedicated team of more than 2,000 passionate individuals across Australia and beyond, we focus on our rich history and expertise in farming and product variety, collaborating with the Australian farming community to grow the freshest produce.





Choose ripe fruit like Calypso® mangoes or Ecoganic® Red Tip® bananas for maximum flavour. Fresh is best.

2. KEEP IT COLD

Chill everything—fruit, juice, even glasses. Use frozen fruit instead of ice for extra chill and texture.

3. GARNISH WITH STYLE

Add herbs, lime wedges, or Qukes® ribbons to boost flavour and presentation in seconds.

4. BALANCE YOUR FLAVOURS

Too sweet? Add citrus or Qukes® baby cucumbers. Too sharp? A splash of sparkling water helps. Taste and adjust.

5. BATCH IT UP

Mix drinks in a jug for easy serving. Keep ice on the side to avoid dilution.

6. SHAKE, STIR, OR BLEND PROPERLY

Mix thoroughly so every sip is smooth and flavourful.

7. PLAY WITH SWAPS

No mango? Use berries. No mint? Try basil. Get creative with what you have.

8. DON'T FORGET THE FIZZ

Top with soda, sparkling water, or kombucha just before serving for a fresh sparkle.



- PG 5 QUKES®, PINK PEPPERCORN AND ROSEMARY GIN & TONIC
- PG 6 CALYPSO® MANGO AND BASIL PIMMS
- PG 7 CALYPSO® MANGO AND PERFECTION BLUEBERRIES GIN & TONIC
- PG 8 PERFECTION RASPBERRIES AND PERFECTION STRAWBERRIES PINA COLADA
- PG 9 MIDNIGHT BEAUTY® GRAPE SPRITZ

— MOCKTAILS AND REFRESHING SIPPERS —

- PG 10 AUTUMNCRISP® GRAPE SPRITZ
- PG 11 CALYPSO® MANGO SUNNY SIDE MOCKTAILS
- PG 12 CALYPSO® MANGO SPRITZER
- PG 13 QUKES®, PINEAPPLE AND GINGER CRUSH
- PG 14 QUKES® HYDRATION JARS WITH GREEN TEA AND LEMON

- SMOOTHIES & SHAKES -

- PG 15 7 DAYS OF CALYPSO® MANGO SMOOTHIES
- PG 16 ESPRESSO ECOGANIC® BANANA BREAKFAST SHAKE
- **PG 17** PERFECTION BERRY SMOOTHIE

QUKES®, PINK PEPPERCORN AND ROSEMARY GIN & TONIC







Ingredients

8 (350g) Qukes $^{\! @}$ baby cucumbers

1 tsp pink peppercorns

2 cups crushed ice

200ml gin

400ml good quality tonic water, chilled

4 sprigs rosemary

1 small lemon, quartered, optional

- Thinly slice the Qukes lengthways, leaving them attached at one end. Place the Qukes® baby cucumbers and ice into 4 glasses. Lightly crush the peppercorns and divide among the glasses.
- 2. Spoon the ice into glasses, then pour 50ml gin into each glass. Top up with tonic water and poke in a sprig of rosemary. Squeeze a little lemon into each glass. Serve.



CALYPSO MANGO® AND BASIL PIMMS





Prep Time
10 MINS

Ingredients

2 Calypso® mangoes

1½ cups crushed ice

4 sprigs basil

2 Qukes $^{\tiny{\circledR}}$ baby cucumbers, slice lengthways

200ml Pimm's No. 1

600ml chilled lemonade

- Cut the cheeks from the mangoes. Using a large spoon, remove the mango fruit from the cheeks, chop the fruit.
- 2. Layer ice, mango, basil and Qukes® in 4 x 300ml capacity glasses. Combine the Pimm's and lemonade together then pour into glasses. Stir to combine. Serve immediately.



CALYPSO® MANGO AND PERFECTION BLUEBERRY GIN AND TONIC









Ingredients

2 Calypso® Mangoes peeled, diced 125g Perfection Blueberries 500ml watermelon coconut water Edible flowers and herbs 180ml gin 750ml chilled tonic water 2 large ice cube trays

- 1. Spoon the Calypso® mango and berries among 2 ice cube trays. Pour over watermelon coconut water to cover. Freeze for 4-6 hours or overnight if time permits.
- 2. Fill 6 glasses with ice cubes. Top with flowers and herbs. Combine the gin and tonic and fill the glasses. Serve.







PERFECTION RASPBERRY AND PERFECTION STRAWBERRY PINA COLADA



Prep Time
10 MINS

Freezing 2 HRS



Ingredients

125g Perfection Raspberries
250g Perfection Strawberries hulled, halved
2 cups pineapple juice
3 cup white coconut rum
3 cup coconut cream chilled
2-3 limes juiced
Perfection Raspberries
Perfection Strawberries to serve

- 1. Pour the pineapple juice into a snap lock bag. Freeze for 2 hours or until frozen.
- 2. Spoon frozen pineapple juice into a blender. Add Perfection Raspberries, Perfection Strawberries, rum, coconut cream and ¼ cup lime juice. Blend until smooth.
- 3. Pour into chilled serving glasses. Serve with extra Perfection berries.





MIDNIGHT BEAUTY® GRAPE SPRITZ





Prep Time
15 MINS



Ingredients

1kg MidnightBeauty® Grapes
3 cups (750ml) cranberry juice
2/3 cup (160ml) elderflower rose syrup
Chilled soda Prosecco, to serve
Mint leaves, to serve

- 1. Remove three-quarters of the grapes from the stems. Cut the remaining grapes into small bunches. Place all the grapes in an airtight container. Cover and freeze for 4-6 hours or overnight until frozen.
- 2. Combine the cranberry juice and elderflower syrup in a jug. Refrigerate until ready to serve
- 3. Fill each glass with frozen grapes. Pour over the elderflower cranberry juice to half-fill the glasses. Top up with soda, lemonade or Prosecco. Garnish with mint. Serve.





AUTUMNCRISP® GRAPE SPRITZ



Prep Time
30 MINS

Freezing 6 HRS

Ingredients ...

1kg AutumnCrisp® Grapes
1kg Qukes® baby cucumbers, chopped
2/3 cup (160ml) elderflower syrup
Chilled soda water or lemonade,
to serve
Mint leaves, to serve

Method

- 1. Remove three-quarters of the grapes from the stems. Cut the remaining grapes into small bunches. Place all the grapes in an airtight container. Cover and freeze for 4-6 hours or overnight until frozen.
- 2. Blend, process or juice the Qukes. Strain into a jug (see tip); you should have 3 cups (750ml) of juice. Stir in the elderflower syrup. Refrigerate until ready to serve.
- 3. Fill each glass with frozen grapes. Pour over the elderflower cucumber juice to half-fill the glasses. Top up with soda or lemonade. Garnish with mint. Serve.

TIP

Line a sieve with muslin. Pour the Qukes® mixture into the sieve. Gather the muslin edges together and gently squeeze to extract the juice.



10





CALYPSO® MANGO SUNNY SIDE MOCKTAIL



Ingredients

- 3 Calypso® mangoes
- 4 large limes, juiced
- 200ml coconut water or coconut milk, chilled
- 3 x 375ml bottles ginger beer, chilled Grenadine
- Calypso® mango, thinly sliced, lime wedges and crushed ice, to serve

- 1. Peel and chop the Calypso® mangoes. Place the mango and 100ml lime juice into a blender. Blend until smooth. Pour into a jug or carafe. Stir in the coconut water or coconut milk and refrigerate until ready to serve.
- 2. Spoon ice into 6 tall glasses. Pour ½ cup (125ml) mango mixture into each glass. Top up with ginger beer. Add a splash of grenadine and a squeeze of lime. Garnish with Calypso® mango to serve.





CALYPSO® MANGO SPRITZER



TIP

Prep Time 30 MINS Freezing 6 HRS

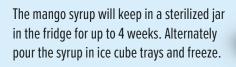
Ingredients

CALYPSO® MANGO SYRUP 4 Calypso® mangoes, peeled, chopped 2 cups (450g) white sugar 2 cups (500ml) water

Chilled lemonade or non-alcoholic prosecco
Chilled soda water
Crushed ice, to serve

- For the Calypso® Mango Syrup, place the mangoes into a blender or processor and blend until smooth. Transfer to a medium saucepan. Add the sugar and water. Bring to the boil, stirring over medium. Boil for 5 minutes then remove from the heat.
- 2. Strain the mango syrup through a sieve into a jug, stirring as much pulp through as possible. Discard any pulp left in the sieve. Set aside to cool. Pour into a sterilized bottle. Refrigerate until ready to serve.
- 3. To serve 4, spoon ice into 4 glasses. Pour $\frac{1}{3}$ cup (80ml) Calypso® Mango syrup into each glass. Add $\frac{1}{2}$ cup (125ml) chilled lemonade or non-alcoholic prosecco and top up with chilled soda. Stir and serve immediately.









QUKES®, PINEAPPLE AND GINGER CRUSH

Serves 2 Prep Time 10 MINS Cooling 1 HR

Ingredients

250g Qukes® baby cucumbers, sliced lengthways

6cm piece fresh ginger, peeled, thinly sliced

½ cup (125ml) boiling water 12 small wedges fresh pineapple Handful fresh mint leaves 3 cups (750ml) chilled water, to serve

Method

- Place the ginger into a heatproof cup. Pour over the boiling water. Set aside to cool. Use the end of a rolling pin to roughly crush the ginger. Strain the ginger water and pour into two jars.
- 2. Add the Qukes®, pineapple and mint. Top with chilled water and serve.

TIP

If you have time, place in the fridge for 1-4 hours, this intensifies the flavour.





QUKES® HYDRATION JAR WITH GREEN TEA AND LEMON

Serves **2** Prep Time
10 MINS

Cooling 1 HRS

Ingredients

2 green tea teabags

1/2 cup (125ml) boiling water

1 small lemon, thinly sliced

Handful fresh basil leaves

3 cups (750ml) chilled water, to serve

Method

- 1. Place the teabags into a heatproof jug. Pour over the boiling water. Set aside to cool.
- 2. Remove the teabags and pour the tea into a carafe or 2 jars. Add the sliced Qukes® baby cucumbers, lemon and basil. Top with chilled water and serve.

TIP

If you have time, place in the fridge for 1-4 hours, this intensifies the flavour.





Serves **2**

Prep Time
5 MINS

— SMOOTHIES & SHAKES —

7 DAYS OF CALYPSO® MANGO SMOOTHIES

Combine all the ingredients in a blender. Blend until smooth. Pour into chilled glasses or jars. Top with extra mango. Serve.

Ingredients

CLASSIC



1 Calypso® mango, peeled, chopped ½ banana, peeled, sliced ⅓ Cup (90g) Greek yoghurt ⅔ (160ml) cup milk 2 tbs raw rolled outs 1 tbs (20ml) honey

4 ice cubes 1 Calypso® mango, peeled, thinly

sliced, to serve

MANGO AND PASSIONFRUIT



1 peeled, chopped Calypso® Mango 1 cup (250ml) chilled coconut water, 1 tbs (20ml) maple syrup 4 ice cubes

Stir through pulp of 1 passionfruit after blending.

MANGO, PINEAPPLE AND MINT



1 peeled, chopped Calypso® Mango 3⁄3 cup (160ml) chilled unsweetened pineapple juice 1⁄4 cup (70g) Greek yoghurt 1 tbs (20ml) honey 1 tbs fresh mint leaves 4 ice cubes

MANGO AND PAPAYA



1 peeled, chopped Calypso® Mango ½ cup chopped fresh papaya ¾ cup (180ml) chilled orange juice Juice of ½ lime
1 tbs (20ml) honey
4 ice cubes

MANGO, BANANA AND VANILLA



1 peeled, chopped Calypso® Mango ½ peeled, sliced banana ¾ cup (180ml) chilled coconut milk ¼ cup (70g) coconut yoghurt 1 tsp (5ml) vanilla bean paste 1 tbs (20ml) maple syrup 4 ice cubes

MANGO, BERRY AND GINGER



1 peeled, chopped Calypso® Mango 125g Perfection Berries like Raspberries Strawberries or Blackberries 1 cup (250ml) chilled coconut water 1 tbs maple syrup 3 tsp grated fresh ginger 4 ice cubes



MANGO, SPINACH AND CHILLI

1 peeled, chopped Calypso® Mango, ½ peeled, sliced banana, 20g (handful) baby spinach 1 cup (250ml) chilled coconut water,

1tbs (20ml) honey ½ long fresh green chilli, sliced 4 ice cubes



- SMOOTHIES & SHAKES -

ESPRESSO ECOGANIC® RED TIP® BANANA BREAKFAST SHAKE

Serves

Prep Time
5 MINS



Ingredients

2 ripe Ecoganic® Red Tip® Banana, peeled, chopped
1 cup (250ml) organic milk
½ cup (80g) toasted muesli
2 tsp honey or maple syrup
½ cup ice cubes
2 espresso shots, cooled

Method

- 1. Place the banana, milk, muesli, honey and ice cubes in a blender Blend until smooth.
- 2. Pour smoothie into two serving glasses. Pour over the espresso and serve.

TIP



Perfection FRESH®

- SMOOTHIES & SHAKES -

PERFECTION BERRY SMOOTHIE

Serves 2-3 Prep Time
5 MINS



Ingredients

250g Perfection Strawberries, washed, hulled, halved 125g Perfection Raspberries 125g Perfection Blueberries 1½ cup (375ml) chilled pomegranate juice 1 cup (250ml) chilled coconut milk
1 tbs maple syrup
1 cup ice cubes

- 1. Combine all the ingredients in a blender.
- 2. Blend until smooth. Pour into glasses and serve.







