

# GET THE SCOOP ON SCOOPS

Using the right amount of each ingredient is essential to the nutritional effectiveness and the great taste of every shake you make! Color coding your scoops helps to control cross-contamination of allergens. Use this simple guide to PFC's Operational Scoops to help you keep everything in the right place and your customers safe and satisfied.

## 70 CC - ORANGE



- swiig Daily Whey Protein
  - Vanilla
  - Chocolate
- swiig Simple Whey Protein
  - Vanilla
  - Chocolate
- swiig Daily Mass Builder
  - Vanilla
  - Chocolate

**ALLERGEN**

## GREEN



70 CC

- swiig Ancient Grains Plant Protein
  - Vanilla
  - Chocolate

39 CC

- swiig Daily Soy\* Protein
  - Vanilla
  - Chocolate

**\*ALLERGEN**

## 50 CC - CLEAR



- swiig Freeze-Dried Spinach
- swiig Freeze-Dried Strawberries
- swiig Freeze-Dried Kale
- swiig Dried Sweet Potato
- swiig Dried Pumpkin
- swiig Freeze-Dried Strawberries
- Granola
- swiig Freeze-Dried Pineapple
- Rolled Oats
- swiig Freeze-Dried Raspberries
- Raisins
- swiig Freeze-Dried Blueberries
- swiig Flavor Fusions Powders
- swiig Freeze-Dried Mango

## 50 CC - WHITE\*\*



- Cafe Essentials Powders
- swiig Powdered Yogurt

\*\*White scoop used to indicate Dairy presence

## METAL MEASURING SPOONS



- swiig Flavor Extracts (¼ tsp)
- swiig Dried Avocado (½ tsp)
- Agave (1 tsp)
- Honey (1 tsp)

## 50 CC - BROWN



- swiig Organic PB Lite

**ALLERGEN**

- swiig Dried, Shredded Coconut (1 tsp)
- Flax Seed Oil (1 tsp or 2 pumps)
- swiig Spices<sup>†</sup> (¼ tsp, ½ tsp, or 1 tsp)
  - Cinnamon, Ginger, Cayenne, Cardamom & Turmeric
- swiig Ground Cacao Powder (1 tbsp)
- swiig Seeds (1 tbsp)
  - Chia, Hemp & Flax

<sup>†</sup>Spices can be measured in different increments. Please refer to your recipes for specific measurements per shake.

Note: All swiig supplements come packaged with orange scoops. Use the scoops in the package for the Core Supplements, but discard the packaged scoops for anything that you transfer to the Click Clack or OXO containers.

All recipes in the PFC Shake & Smoothie Bar Manual are based on the PFC Operational Scoops on this chart.

# THE SCOOP ON SERVING SIZES

## Swiig FREEZE-DRIED FOODS

Avocado	1/2 tsp
Bananas	4pcs
Beets	1/4 tsp
Blueberries	25cc
Kale	50cc
Lemon	1/4 tsp
Pumpkin	50cc
Spinach	50cc
Strawberries	50cc
Sweet Potato	50cc
Raspberries	50cc
Pineapple	50cc
Mango	50cc

## Swiig WHOLE-FOODS

Flax Seed Oil	1 tsp (or 2 pumpps)
Granola	50cc
Rolled Oats	50cc
Raisins	50cc
Dried, Shredded Coconut	1 tsp

## Swiig FLAVOR EXTRACTS

All Flavor Extracts	1/4 tsp
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## SWEETENERS

Agave	1 tsp
Honey	1 tsp

## Swiig PROTEINS & BUILDERS

Ancient Grains Plant	70cc
Daily Soy	39cc
Daily Whey Matrix	70cc
Simple Whey	70cc
Mass Builder	70cc

## Swiig SPREADS

Almond Butter	1 tbsp
PB Lite	50cc
Peanut Butter	2 tbsps

## Swiig SUPPLEMENTS

All Core Supplements	9cc
Creatine	9cc
Glutamine	9cc

## Swiig SEEDS & SPICES

Seeds (Chia, Hemp & Flax)	1 tbsp
Spices <sup>†</sup>	1/4 tsp, 1/2 tsp & 1 tsp

## NATURAL FLAVOR POWDERS

Cafe Essentials Flavors	50cc
swiig Flavor Fusions Flavors	50cc
swiig Powdered Yogurt	50cc
swiig Ground Cacao Powder	1 tbsp

<sup>†</sup>Spices (Cinnamon, Ginger, Cayenne, Cardamom & Turmeric) can be measured in different increments. Please refer to your recipes for specific measurements per shake.