



RECIPE BOOKLET

FEATURING PEAR JUICE



DRINKS



Slightly sweet and beautifully aromatic, this pear drink is a perfect non-alcoholic version of mulled wine.

WARM SPICED PEAR DRINK

SERVES: 12
PREP TIME: 20 MINS

INGREDIENTS:

- 200ml blood or regular orange juice
- 1L SPC ProVital pear juice
- 10ml lemon juice
- 8 whole cloves
- 8 cardamom pods
- 60g fresh ginger, thickly sliced
- 2 cinnamon sticks
- 1 Tbsp honey

TIP

These can also be made with a serve of brandy, whisky or gin.

METHOD:

1. Add all ingredients to a large saucepan. Simmer for 5-10 mins until all the flavours have infused.
2. Remove from heat and let steep for approx. 10 mins.
3. Discard spices and serve.

PEAR & ROSEMARY SPRITZER

SERVES: 12
PREP TIME: 30 MINS
Stores up to 1 week in refrigerator

INGREDIENTS:

- 2L SPC ProVital pear juice
- 80ml honey
- 6g fresh sprigs of rosemary
- 1/2 tsp vanilla bean paste
- 80ml lemon juice
- crushed ice
- fresh mint leaves, to serve
- sparkling mineral water or soda water

METHOD:

1. Place the pear juice, honey, rosemary and vanilla in a saucepan, stir over a medium high heat until honey dissolves. Bring to the boil. Reduce heat to medium and cook for a further 25 minutes or until reduced by half. Add lemon juice and strain through fine sieve.
2. Add 80mL of Pear & Rosemary Syrup to a glass with crushed ice. Add mint leaves and top with sparkling mineral or soda water.



Featuring aromatic rosemary and fresh mint, this pre-dinner drink celebrates the flavours of summer.

BREAKFAST



Real fruit jelly with yoghurt for extra protein. Deliciously fresh any time of day.

FRUIT & YOGHURT JELLY CUPS

SERVES: 16 | PREP TIME: 20 MINS | SET TIME: 4-12 HOURS

INGREDIENTS:

- 2 Tbsp gelatine powder
- 125ml SPC ProVital pear juice
- 250ml boiling water
- 2 Tbsp caster sugar
- 625ml SPC ProVital pear juice, extra
- 40ml lemon juice
- 80ml mandarin or orange juice
- 80ml passionfruit
- 190g natural yoghurt
- 220g SPC canned peaches, drained

METHOD:

1. Sprinkle gelatine over pear juice and stir. Add boiling water and sugar, stir with a fork to dissolve. Add extra pear juice, lemon juice, mandarin juice and passionfruit. Allow to cool for 15 minutes and fold in yoghurt.
2. Pour into individual bowls or glasses and decorate with peaches. Allow to set in fridge at least 4 hours or overnight.

PEAR BIRCHER MUESLI

SERVES: 12 | PREP TIME: 10 MINS | SET TIME: 2-12 HOURS.
Best prepared the night before and stored in fridge.

INGREDIENTS:

- 600g rolled oats
- 4 tsp ground cinnamon
- 1.25L SPC ProVital pear juice
- 40ml lemon juice
- 60g ground roasted almond meal
- 40g desiccated coconut
- 2 granny smith apples, coarsely grated
- 560g plain yoghurt (thick)
- 440g SPC canned apricots, drained
- extra cinnamon, for sprinkling

METHOD:

1. Place oats & cinnamon in a large bowl. Pour pear and lemon juice over oat mixture. Stir to combine. Cover and refrigerate for at least 2 hours or overnight. Add almond meal and coconut.
2. Just before serving, stir in apple.
3. Spoon bircher into bowls. Top with yoghurt, apricots and sprinkle with cinnamon.



Make breakfast special with this healthy bircher muesli, featuring luscious fruits and yoghurt.



Take your tastebuds on a trip to Morocco with this succulent chicken tagine. Delicately spiced, the pear juice gives a slight sweetness. Perfectly enjoyed with cous cous.

CHICKEN TAGINE

SERVES: 10 | PREP TIME: 25 MINS | COOKING TIME: 40 MINS

INGREDIENTS:

- 80ml olive oil
- 2kg chicken thigh fillets
- 2 large onions, cut into large wedges
- 4 cloves garlic, crushed
- 24g fresh ginger, grated
- 2 tsp ground cumin
- 2 tsp coriander
- 2 tsp ground ginger
- 2 tsp smoked paprika
- 760g sweet potato, cut into 4cm cubes
- 750ml liquid chicken stock
- 750ml SPC ProVital pear juice
- 10g fresh thyme
- Salt to taste
- 80ml juice of 1 lemon
- 60g chopped parsley

METHOD:

1. Preheat to 180°C conventional (fan forced 160°C). Heat olive oil in a casserole dish. Add chicken to pan and cook for 10 minutes or until golden brown. Remove from pan. Add onion and cook over a low heat for 10 minutes or until soft. Add garlic, ginger and spices and cook for a further 3 mins or until fragrant.

2. Add sweet potato and toss in pan until well coated in spices and lightly browned. Return chicken to the pan. Cover with chicken stock and pear juice and bring to the boil. Add thyme and cover with lid. Cook for 40 minutes or until chicken is cooked through. Add lemon juice and parsley.



For a quick and easy side, try this fluffy cous cous with chick peas and fresh herbs.

COUS COUS

SERVES: 12

PREP & COOKING TIME: 20 MINS

INGREDIENTS:

- 60ml olive oil
- 1 medium onion, finely chopped
- 2 tsp smoked paprika
- 2 tsp ground cumin
- 500ml SPC ProVital pear juice
- 400g cous cous
- 240g carrots, peeled and grated
- 200g canned chick peas, drained
- 30g parsley, chopped
- 20g mint leaves, torn
- 20ml olive oil
- 20ml lemon juice
- Salt and pepper to taste

METHOD:

1. Heat oil in a pan over a medium heat.

Add onion, paprika and cumin, cook for 10 minutes or until onion is soft.

2. Bring pear juice to the boil in a separate pan. Add cous cous, cover and simmer for 5 minutes. Fluff with a fork. Stir in carrot, chick peas, parsley and mint. Whisk oil and lemon juice together and mix through cous cous mixture. Season to taste.



Sticky hoisin and pear juice chicken drumettes are the perfect finger food.

STICKY PEAR & LIME DRUMETTES

SERVES: 30

PREP TIME: 10 MINS

MARINATING TIME: 1 HOUR

COOKING TIME: 35 MINS

INGREDIENTS:

- 160ml hoisin sauce
- 180ml SPC ProVital pear juice
- 1 clove garlic, crushed
- 40ml fish sauce
- 10g lime zest
- 40ml lime juice
- 55g fresh ginger, finely grated
- 10ml sesame oil
- 1 bird's eye chilli, finely chopped
- 2 kg chicken drumettes

METHOD:

1. Preheat oven to 200°C conventional (fan forced 180°C).

2. Combine hoisin, pear juice, garlic, fish sauce, lime zest, lime juice, ginger, sesame oil and bird's eye chilli. Add chicken drumettes and marinade for 1 hour or overnight.

3. Place in a single layer on baking paper-lined oven trays and cook for 30 - 35 minutes or until golden brown, turning once during roasting. Alternatively, BBQ until cooked through.



For homemade gelato that's better than store-bought, this pear, lemon and mint gelato recipe contains yoghurt rather than milk or cream. It is so fruity and refreshing.

PEAR, LEMON & MINT GELATO

SERVES: 12 | PREP TIME: 15 MINS | STORES UP TO 2 WEEKS IN FREEZER

INGREDIENTS:

- 500ml SPC ProVital pear juice
- 1 Tbsp liquid glucose
- 2 Tbsp maple syrup
- 80ml lemon juice
- 546g SPC canned sliced pears, drained
- 560g natural yoghurt
- 16g fresh mint, very finely chopped
- SPC canned sliced peaches, to serve

METHOD:

1. Combine pear juice, glucose and lemon juice in a small saucepan and stir over a low heat until the sugar and glucose have dissolved. Bring to the boil and cook over a medium heat without stirring for 3 minutes.
2. Puree pears in food processor, add syrup and process until evenly combined. Allow to cool for 10 minutes. Add yoghurt and mint and blend in food processor until combined. Pour into shallow trays and place in freezer.
3. Freeze until solid. Break into pieces and process until it forms soft icy gelato. Return to freezer in an airtight container. Serve and enjoy with peaches.

SPC ProVital provides high quality, safe and accessible nutritional solutions based in the natural goodness of fruit and vegetables to support healthy ageing.



TIP
If you prefer larger muffins, make only 18 muffins and bake for 20 minutes.

Made with pears and dark chocolate, these delicious muffins make a sweet morning or afternoon tea treat. The addition of pear juice makes the muffins super light.

PEAR, CINNAMON & DARK CHOCOLATE MUFFINS

SERVES: 24 | PREP TIME: 10 MINS | BAKING TIME: 15 MINS

INGREDIENTS:

- 1 3/4 cups plain flour
- 1 Tbsp baking powder
- 2 tsp ground cinnamon
- 1 cup almond meal
- finely grated rind of 1 lemon
- 3/4 cup brown sugar
- 150g dark chocolate, roughly chopped
- 220g SPC sliced pears, well drained and chopped
- 2 eggs, lightly beaten
- 250ml SPC ProVital Pear juice
- 125g butter, melted and allowed to cool for 5 minutes
- 40g icing sugar, sifted

METHOD:

1. Preheat oven to 200°C conventional (fan forced 180°C). Lightly grease or line with patty papers (1/3-cup) muffin trays.
2. Sift flour, baking powder and cinnamon into a large bowl. Add almond meal, lemon rind, brown sugar, chocolate and pears. Give a gentle stir to mix. In a separate jug, whisk eggs, pear juice and butter until well combined. Add to dry mixture and mix until just combined. (Mix very gently to ensure a lightly textured muffin.)
3. Divide mixture evenly between the prepared muffin trays and bake for 15 minutes. Remove from oven and let stand for 5 mins to cool. Dust with icing sugar when fully cooled; serve. Muffins are best eaten on the day they are baked. Will keep for 1 day in an airtight container.



Traditional scones with a delicious twist. Wholemeal flour and cinnamon give these scones a unique wholesome flavour. The pear juice and cream make the scones super light in texture.

SULTANA PEAR SCONES

SERVES: 14 | PREP TIME: 10 MINS | BAKING TIME: 15 MINS

INGREDIENTS:

- 2 cups self-raising flour
- 1 cup wholemeal plain flour
- 1 tsp ground cinnamon
- 2 tsp baking powder
- 160g sultanas
- 1/2 cup brown sugar
- 2g orange rind, grated
- 180ml SPC ProVital pear juice
- 250ml thickened cream
- Jam and pure cream, to serve

Method:

1. Preheat oven to 220°C conventional (fan forced 200°C).
2. Sift flours, cinnamon and baking powder into bowl. Add sultanas and brown sugar. In a jug, combine orange rind, pear juice and cream and whisk to combine. Make a well in the centre, add pear juice to cream mixture. Mix with a metal spoon until mixture begins to hold together. Do not overmix. The dough will be soft.
3. Turn dough onto a lightly floured surface and knead gently for 30 seconds. Pat out with hands to about 2 cm thickness. Cut with 5 cm scone cutter.
4. Place scones close together on a baking paper-lined baking tray. (Placing scones close together gives them wonderful soft sides). Bake for 15 - 17 minutes or until golden brown on top. Scones should sound hollow when tapped on the top. Enjoy with fresh raspberry jam and cream.



Lighter than traditional trifle, this delicious dessert features ricotta and peaches. Perfect to prepare ahead to save you time!

CREAMY PEAR SPONGE FINGER TRIFLE

SERVES: 10 | PREP TIME: 20 MINS | RESTING TIME: 2-12 HOURS

INGREDIENTS:

- 250g cream cheese, at room temperature
- 75g caster sugar
- 2 egg yolks
- 300g light sour cream
- 250g ricotta
- 250ml SPC ProVital pear juice
- 2 tsp maple syrup
- 16 sponge finger biscuits
- 400g SPC peaches sliced, drained
- Maple syrup, drizzle optional

Method:

1. Beat cream cheese using an electric mixer until smooth. Add caster sugar, egg yolks, and sour cream; beating until combined. Add ricotta and beat on a low speed until just combined.
2. In a separate dish, combine pear juice and maple syrup. Dip sponge fingers into the pear juice mixture and layer half of the sponge fingers in a baking dish. Spread with half of the cream cheese mixture and half of the peaches. Top with remaining sponge fingers and spread with remaining cream cheese mixture. Cover with plastic wrap and chill for 2 hours or overnight. Decorate with remaining peaches. Drizzle with maple syrup, if desired.

The Goulburn Valley is a special region. It's where we grow the best trees, in beautiful, rich golden soil, under the radiant Australian sun to bear mouth-watering fruit. Our juicy ripe fruits are hand picked at the perfect moment, packed and proudly sent out from the Goulburn Valley orchards to you.



PLEASE COMPLETE YOUR ALLERGEN DECLARATIONS BASED ON THE INGREDIENTS YOU USE FOR THESE RECIPES.

WARM SPICED PEAR DRINK



Nutrition Information
Servings: 12
Serving Size: 115ml

	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	310kJ	270kJ
Protein	0.7g	0.6g
Fat-total	0.1g	0.1g
-saturated	0.03g	0.03g
Carbohydrate	13.6g	11.9g
-sugars	12.9g	11.3g
Dietary Fibre	3.7g	3.2g
Sodium	2.3mg	2mg

PEAR AND ROSEMARY SPRITZER



Nutrition Information
Servings: 12
Serving Size: 235ml

	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	615kJ	262kJ
Protein	0.8g	0.3g
Fat-total	0.05g	0.02g
-saturated	0.02g	0.01g
Carbohydrate	28.8g	12.3g
-sugars	28.8g	12.3g
Dietary Fibre	5.7g	2.4g
Sodium	5.8mg	2.5mg

FRUIT AND YOGHURT JELLY CUPS



Nutrition Information
Servings: 16
Serving Size: 89g

	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	269kJ	301kJ
Protein	1.1g	1.2g
Fat-total	0.4g	0.5g
-saturated	0.3g	0.3g
Carbohydrate	11.3g	12.6g
-sugars	11.3g	12.6g
Dietary Fibre	2.5g	2.8g
Sodium	9.3mg	10.4mg

PEAR BIRCHER MUESLI



Nutrition Information
Servings: 12
Serving Size: 289g

	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	1634kJ	565kJ
Protein	10.6g	3.7g
Fat-total	11.3g	3.9g
-saturated	4g	1.4g
Carbohydrate	51.9g	18g
-sugars	27g	9.3g
Dietary Fibre	11.8g	4.1g
Sodium	32.7mg	11.3mg

CHICKEN TAGINE



Nutrition Information
Servings: 10
Serving Size: 498g

	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	1832kJ	368kJ
Protein	39.7g	8g
Fat-total	18g	3.6g
-saturated	4.3g	0.9g
Carbohydrate	23.9g	4.8g
-sugars	16.2g	3.3g
Dietary Fibre	7.1g	1.4g
Sodium	418mg	84mg

COUS COUS



Nutrition Information
Servings: 12
Serving Size: 136g

	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	994kJ	730kJ
Protein	6.3g	4.6g
Fat-total	6.7g	4.9g
-saturated	1.01g	0.8g
Carbohydrate	34.1g	25.1g
-sugars	8.3g	6.1g
Dietary Fibre	5.1g	3.7g
Sodium	56mg	41mg

STICKY PEAR AND LIME DRUMMETTES



Nutrition Information
Servings: 30
Serving Size: 85g

	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	521kJ	615kJ
Protein	12g	14.2g
Fat-total	6.9g	8.1g
-saturated	2g	2.3g
Carbohydrate	3.1g	3.7g
-sugars	2.8g	3.3g
Dietary Fibre	1g	1.2g
Sodium	268mg	317mg

PEAR, LEMON AND MINT GELATO



Nutrition Information
Servings: 12
Serving Size: 184g

	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	567kJ	308kJ
Protein	3.02g	1.6g
Fat-total	1.7g	0.9g
-saturated	1g	0.5g
Carbohydrate	23.2g	12.6g
-sugars	21.6g	11.7g
Dietary Fibre	3.6g	1.9g
Sodium	37.8mg	20.5mg

PEAR, CINNAMON AND DARK CHOCOLATE MUFFINS



Nutrition Information
Servings: 24
Serving Size: 61g

	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	789kJ	1303kJ
Protein	3g	4.9g
Fat-total	9.4g	15.5g
-saturated	4.2g	6.9g
Carbohydrate	22.7g	37.5g
-sugars	14.1g	23.2g
Dietary Fibre	1.5g	2.4g
Sodium	60.2mg	99.3mg

SULTANA PEAR SCONES



Nutrition Information
Servings: 14
Serving Size: 108g

	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	1299kJ	1200kJ
Protein	4.5g	4.1g
Fat-total	10g	9.2g
-saturated	6.2g	5.7g
Carbohydrate	49.9g	46.1g
-sugars	27.7g	25.6g
Dietary Fibre	2.9g	2.7g
Sodium	191mg	177mg

CREAMY PEAR SPONGE TRIFLE



Nutrition Information
Servings: 10
Serving Size: 180g

	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	1411kJ	786kJ
Protein	8.2g	4.6g
Fat-total	19.4g	10.8g
-saturated	12.1g	6.7g
Carbohydrate	31.5g	17.5g
-sugars	24.5g	13.6g
Dietary Fibre	2g	1.1g
Sodium	154mg	86mg

* Analysis excludes salt that you may add to season the dish



PEAR JUICE



INNOVATORS IN FUNCTIONAL HEALTH SOLUTIONS

- ✓ No Added Sugar
- ✓ Good Source of Vitamin C
- ✓ Not from Concentrate
- ✓ Assists with Laxation
- ✓ Resealable Cap
- ✓ Decanting not required
- ✓ Easy Pour Packaging

FRUIT PUREE (LEVEL 4 PUREED)



APPLE APPLE & APRICOT APPLE & PEACH APPLE & STRAWBERRY

FIBRE RIGHT™ (LEVEL 4 PUREED)



APPLE APPLE & PRUNE

DICED FRUIT IN JUICE



APRICOTS PEACHES PEARS 2 FRUITS FRUIT SALAD

PRUNES



PITTED PRUNES IN JUICE

MULTI-SERVE (LEVEL 4 PUREED)



APPLE APPLE & APRICOT APPLE & PEACH APPLE & STRAWBERRY PEAR & MANGO TROPICAL APPLE & BANANA

JUICE



PEAR JUICE PEAR & PRUNE JUICE PRUNE JUICE

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