

Bambu[®]

*A delightful
hot drink...
at any moment
of the day!*

*Delicious and healthy
recipes using Bambu.
Try them all!*

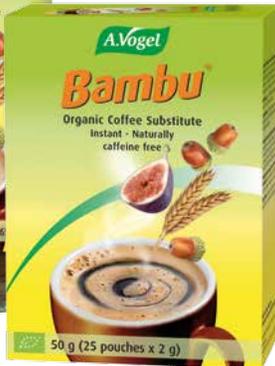
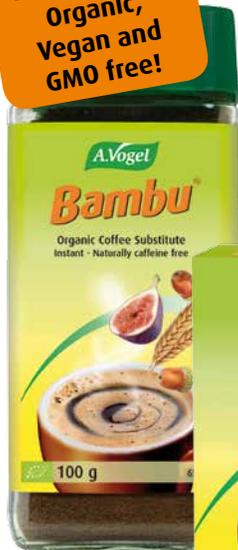
A.Vogel

avogel.ca

Bambu[®]

A delightful hot drink...
at any moment of the day!

Caffeine free,
Organic,
Vegan and
GMO free!



Bambu by A.Vogel is a beverage that tastes very much like coffee. It stands out through its delicate flavour and velvety smoothness.

Made solely of natural and organic ingredients of the highest quality, Bambu is the perfect touch of flavour for your favourite recipes, such as smoothies, mousses and flans, cakes, muffins and truffles.

Organic, vegan and caffeine free, Bambu does not disrupt the nervous system, making it ideal for helping maintain your inner balance!

A.Vogel Bambu

- Naturally caffeine free, soft on the stomach and nervous system
- Replaces coffee in all recipes
- Lactose free, no added flavours or artificial colours

Suggested use: add 1 teaspoon or 1 pouch of Bambu to a cup. Pour in hot water or warm milk for thicker texture and stir.

A.Vogel **Bambu**[®]

*Quality
you can taste!*

Chicory – Its thick roots resembling turnips are first dried, then grilled and ground. Chicory has been used for years as a coffee alternative, for its bitterness and pleasing hint of caramel.

Grains and barley – Filled with nutrients and minerals. The barley is malted, which means sprouted, then roasted and ground, giving Bambu a subtle roasted aroma.

Figs – Sun-dried Turkish figs provide energy, nutrients and minerals and give Bambu its fruity and incomparable flavour.

Acorns – Rich in tannins, the ripe acorns are peeled, ground and lightly roasted to soften their bitter flavour.

With its original Swiss recipe and organic and 100% natural ingredients, Bambu combines the subtle, bittersweet and creamy flavour of chicory with the taste of grains, acorns and sun-dried Turkish figs.





Bambu *Macchiato*

Ingredients for a large glass (around 300 ml)

150 ml milk or milk substitute

1 tablespoon of Bambu

Cocoa powder (topping)

Around 50 ml hot water

Directions

1. Heat the milk (to around 150°F) without boiling it.
2. Foam the milk with a frother or a whisk, then pour into a large glass.
3. In a cup, dilute the Bambu in hot water and immediately (but carefully) pour it in the glass, in the centre of the foam, to end up with the famous “swirls.”
4. Garnish with cocoa powder.

Coco-Bambu *Smoothie*

Ingredients for two large glasses (2 x 300 ml)

2 tablespoons of Bambu

1 avocado

1 ripe banana

250 ml coconut milk

150 ml almond milk

2 tablespoons of honey

Around 50 ml hot water

Directions

1. Using a blender, blend the banana, avocado, coconut milk and almond milk until thoroughly mixed.
2. In a glass, dilute the Bambu in hot water and add to the mix.
Blend again.
3. Add the honey and enjoy!





Bambu *Latte*

Ingredients for one large glass (around 300 ml)

1 tablespoon of Bambu

1 tablespoon of sugar cane

100 ml cold milk or milk substitute

Around 150 ml hot water

Directions

1. Whip the Bambu, sugar cane and cold milk in a large glass.
2. Add hot water. You can adjust the proportions of water and milk (according to your preferences and the size of the glass).

Suggestion

Add some cardamom, cinnamon, ginger or clove to obtain a delicious chai milk.

Banana- Bambu *Brownies*



Directions

1. Preheat the oven to 350°F.
2. Mix the flour, Bambu, ground flax seeds, cinnamon, baking powder and salt in a large bowl. Use a food processor to finely grind the dates and bananas together.
3. Melt the coconut oil over low heat. In another bowl, mix the coconut oil, dates and bananas, then add the vanilla and eggs. Mix together until smooth.
4. Add the coconut oil mixture to the dry ingredients and carefully mix. Add the chopped nuts.
5. Grease a 22-cm x 22-cm pan with coconut oil and pour in the batter.
6. Cook for 20 to 25 minutes.

Ingredients for around 10 brownies:

- 375 ml unbleached flour
- 2 tablespoons of ground flax seed
- 1 teaspoon of cinnamon
- 15 pitted dates
- ½ teaspoon of baking powder
- pinch of salt
- 1 ripe banana
- 5 tablespoons of extra virgin coconut oil
- 2 teaspoons of vanilla extract
- 2 eggs
- 1 handful of nuts, roughly chopped
- 5 tablespoons of Bambu

Bambuccino



Ingredients for one large bowl (around 250 ml)

150 ml milk or milk substitute

1 tablespoon of Bambu

1 ½ teaspoon of cocoa powder

1 ½ teaspoon of sugar cane

Around 50 ml hot water

Directions

1. Warm the milk to around 150°F and froth it until the foam becomes semi-liquid or creamy.
2. Pour the Bambu, cocoa powder and cane sugar in a cup with 50 ml of hot water.
3. Pour the milk foam in one go to obtain a nice white foam. Sprinkle with cocoa powder, to taste.

Bambu Truffles



Directions

1. Melt the coconut oil over low heat.
2. Cut the chocolate as finely as possible and add it and the coconut oil to a bowl. Heat the coconut milk and Bambu in a pan to just below boiling.
3. Pour the coconut milk and Bambu in the bowl and mix slowly. If you mix too fast, you risk having lumps of chocolate. Gradually add the vanilla.
4. Pour the mixture into a container with a lid and let harden in the refrigerator for four hours.
5. Once hardened, remove small portions using a teaspoon. Use your hands to roll into small balls.
6. Roll half the truffles in the Bambu powder and the other half in the grated coconut.

Ingredients for around 30 truffles:

280 g dark chocolate
(70% cocoa or higher)

3 tablespoons of extra virgin coconut oil

250 ml coconut milk

2 teaspoons of vanilla extract

4 tablespoons Bambu

125 ml shredded coconut and 125 ml
Bambu to coat the truffles

Optional: ½ teaspoon of chili powder,
cinnamon, cardamom, orange or
lemon juice (or other flavours)

Bambu

Coco Choco



Ingredients for 1 large bowl

125 ml milk or milk substitute

125 ml coconut milk

1 tablespoon of cocoa powder

1 tablespoon of Bambu

Honey to taste

Directions

1. Heat the milk and coconut milk in the same pan; do not boil.
2. Add the cocoa and Bambu and mix slowly to obtain a milky chocolate mixture.
3. Pour the hot drink into a bowl and add honey to taste.

Suggestion

Add some chili powder for a deliciously hot and aromatic hot chocolate.

Banana-Bambu *Smoothie*

Ingredients for two large glasses (2 x 300 ml)

Two ripe bananas

400 ml cold milk or milk substitute

2 tablespoons of Bambu

Sugar cane to taste

Directions

1. Cut the bananas in large pieces and put them in the blender with the other ingredients and blend until thoroughly mixed.
2. Pour the drink in two glasses and serve immediately.

Put a few pieces of banana on a skewer and place it on top of the glass, as a snack.

Suggestion





*More
recipes ?*

www.avogel.ca

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