

The image features three glass jars filled with a layered parfait. The layers consist of white yogurt, dark brown granola, and fresh fruit including blueberries and raspberries. The top layer is topped with a dollop of white cream and more fruit. The jars are arranged on a light-colored, textured surface. A small teal bowl of blueberries is visible on the left, and a silver spoon lies on the right. The background is softly blurred.

MILKLAB®

COLLABORATION SERIES VOL5

RECIPES TO INSPIRE THE MODERN DAY CAFÉ



CHOCOLATE AND COCONUT CHIA PUDDING

SERVES 2

INGREDIENTS

1 cup MILKLAB® Coconut
1/4 cup chia seeds
2 tbsp cacao powder
1 tsp vanilla extract
1 tsp cinnamon
1 ripe banana, mashed
1 cup frozen berries
1 tbsp dried coconut flakes
Coconut yoghurt to layer
Fresh berries and coconut flakes to garnish

DIRECTIONS

1. Mix all ingredients together and let the mixture set for a couple of hours or overnight in the fridge.
2. Layer chia pudding into individual jars with coconut yoghurt, extra berries and coconut flakes.



RECIPE BY
@jazzjade_
Good Day Café



THE BIG BANANA SMOOTHIE

SERVES 1

INGREDIENTS

- 1 cup MILKLAB® Almond
- 2 frozen bananas
- 3 Medjool dates
- 1/4 tsp cinnamon
- 1 tbsp maca powder
- Goji berries and chia seeds to garnish

DIRECTIONS

1. Blend all ingredients together.
2. Pour into a glass and top with some goji berries and chia seeds to finish.



RECIPE BY
@bateaubeachcafe
Bateau Beach Café



GREEN MACHINE SMOOTHIE

SERVES 1

INGREDIENTS

2 cups MILKLAB® Almond
1 banana
1/2 avocado
Handful baby spinach leaves

DIRECTIONS

1. Blend all ingredients together, pour into a glass and enjoy!



RECIPE BY
@dانسcafecaringbah
Dan's Café



POWERHOUSE MUFFINS

MAKES 10 SMALL MUFFINS

INGREDIENTS

- 1 cup MILKLAB® Almond
- 1 cup almond meal
- 1¼ cups quinoa flakes
- 2 tbsp chia seeds
- 1 tsp cinnamon
- 2 tsp baking powder
- 1 cup raw beetroot, grated
- 1 cup raw carrot, grated
- 1/2 cup desiccated coconut
- 1/3 cup honey

DIRECTIONS

1. Preheat oven to 180°C.
2. Combine chia seeds, MILKLAB® Almond and honey in a saucepan and simmer for 3 minutes so the chia seeds start to swell.
3. Mix all other ingredients together in a bowl then add the chia mixture.
4. Grease and line muffin tins with patty pans and sprinkle the bottom with extra coconut to prevent them from sticking.
5. Spoon mixture into the muffin tins and bake for 45-50 minutes.

Note: These muffins are meant to be dense and will not rise much. Avoid over-cooking.



RECIPE BY
@clean_treats



BANANA, OAT AND RASPBERRY BREAD

MAKES 1 LOAF

INGREDIENTS

- 1/3 cup MILKLAB® Lactose Free
- 2 cups plain flour
- 1 tsp bicarbonate of soda
- 110g unsalted butter
- 1/2 cup sweetener
- 2 eggs
- 4 ripe bananas, mashed
- 1 cup fresh raspberries
- 1/2 cup rolled oats
- 1 tsp vanilla extract

DIRECTIONS

1. Preheat oven to 175°C. Grease and line a 20cm loaf tin.
2. Sift flour and bicarbonate of soda and set aside.
3. Cream butter and sugar until fluffy.
4. Add eggs, banana, MILKLAB® Lactose Free, vanilla and mix well.
5. Gently fold in flour, then add raspberries (reserving a few for the top) and oats.
6. Spoon into the prepared loaf tin (place remaining raspberries on top).
7. Bake in oven for 1 hour.
8. Rest in tin for 10 minutes before removing.



RECIPE BY
@chickeemum
Freaky Tiki



CHOCOLATE AND AVOCADO SMOOTHIE BOWL

SERVES 1

INGREDIENTS

1/3 cup MILKLAB® Almond
(plus extra if required for your
desired consistency)
1/2 avocado
1 frozen banana
1 scoop of chocolate protein powder
Granola, grated dark chocolate and
banana chips to garnish

DIRECTIONS

1. Blend all ingredients together.
2. Pour into a bowl and top with granola, dark chocolate and banana chips.



RECIPE BY
@the_jadeoulla_feed



PEANUT BUTTER LATTE

SERVES 1

INGREDIENTS

1 cup MILKLAB® Almond
1 tbsp smooth peanut butter
Chocolate powder to sprinkle

DIRECTIONS

1. Mix peanut butter and MILKLAB® Almond together and steam until 65°C.
2. Pour hot mixture into a latte glass.
3. Sprinkle with chocolate powder and serve straight away.



RECIPE BY
@merchantsguild
Merchants Guild



FIG, BERRY AND CINNAMON SMOOTHIE BOWL

SERVES 2

INGREDIENTS

1/2 cup MILKLAB® Coconut
1/2 cup MILKLAB® Macadamia
2 ripe figs, peeled
1 handful of frozen mixed berries
1 small frozen banana
Drizzle of honey (if desired to sweeten)
1 tsp cinnamon
Coconut flakes and extra fig to garnish

DIRECTIONS

1. Blend all ingredients together until you achieve an even consistency.
2. Pour into a bowl and garnish with extra fig and coconut flakes.



RECIPE BY
@Synergiser



MANGO AND TURMERIC SMOOTHIE

SERVES 1

INGREDIENTS

1 cup MILKLAB® Coconut
1 heaped tsp turmeric latte mix
1 tsp vanilla extract
1 tbsp honey
4 pieces frozen mango
1 frozen banana
6 ice cubes
Chia seeds and shredded coconut
to garnish

DIRECTIONS

1. Blend all ingredients together.
2. Garnish with chia seeds and shredded coconut.



RECIPE BY
@wakexbrew
WakexBrew West End



CHOCOLATE PEANUT BUTTER SMOOTHIE

SERVES 1

INGREDIENTS

1 cup MILKLAB® Almond
1½ tsp raw cacao powder
1 frozen banana
1 scoop of vanilla protein powder
2 tbsp peanut butter
1 tsp honey
Dash of cinnamon
10 ice cubes

DIRECTIONS

1. Blend all ingredients together.
2. Pour into a glass and enjoy with a straw or spoon!



RECIPE BY
@stephwilson23
Arch View Café

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