

HOW TO BEGIN FLAVORING

A Basic Starter Guide



There are two basic ways to apply the flavors:

Method A: For precise control, flip the bottle upside down and allow 3 to 6 “drops” to come out, into an 8 to 12 ounce test beverage. Each bottle contains 450 drops.

Method B: (Almost as precise). Use the bottle like a salt shaker. Try 1 or 2 shakes into an 8 to 12 ounce test beverage.
One shake equals about 3 drops; each bottle contains 150 shakes.

TO BEGIN FLAVORING:

(1) Decide whether to try drops or shakes.

Add several drops or shakes into a glass or mug, add your water, coffee, tea, milk, creamer, juice, smoothie, protein shake or cocktail. **Always count as you go, and always stir well.** [Trial & Error is part of the first step]

(2) Taste test what you have, don't be afraid 😊✓, and adjust to taste as desired and re-stir. Track what works.

(3) This is a good time to add and stir in the sweetener of your choice. (Flavor Essence does not contain any sugars or sweeteners of any kind --NONE).

(4) “Less is more” is a useful piece of advice. You can only add in so much of any flavoring, until it “warps” or “overloads” your taste buds. When this happens, you will experience unpleasant bitterness. Toss out the experimental glass, cut back, & try again.

MINDSET: Like Goldilocks, search for your “perfect porridge”. Experiment and customize. Slowly learn what is the “right amount” for you, and remember how many shakes or drops are the “winners”.

AND—even play with blending fun tasty pairs of these together!!

SOME EXTRA POINTERS ON THE OTHER SIDE



SOME EXTRA POINTERS

- ⇒ **How much to use?** This varies depending on 3 things... (1) the blandness, acidity, sweetness of what you're flavoring (2) Your own sensitivity levels toward aromas & taste. And then (3) actually noticing subtle before & after taste comparisons.
- ⇒ **The best approach is** to start with small-sized tests -like an 8 to 12 ounce glass, or even better a dollup of frosting or cool whip. LEARN what each flavor's "personality" is and how it "behaves". Once you get to know what you're doing, then expand into other things and larger formats.
- ⇒ **Creative Sweet Tooth Option:→ Make a syrup.**
These concentrates are great as base flavors when you want to create your own Torani, Monin, Dunkin Donuts or Starbucks styled syrups. (You get creative taste and sugar level control.)
- ⇒ **Reproduce or Make Improvements Upon Big Name Brands like SodaStream, DrinkMate, Hint, LaCroix and Polar.**
Also modify juices you drink, or even change the taste of any commercial soda, ginger ale or cola.
- ⇒ **These Also Improve Foods That You Can Stir:**
Yogurts, oatmeal, peanut butter, cream cheese, dips, melted butters and more...
- ⇒ **Custom Baking Projects**—you can replace Vanilla extract or add in extra equal amounts of these for exotic effects in all frostings, glazes, and foams, plus any muffin & cookie mix, (and after heat is shut down, add into custards, puddings, jello and gummies).
- ⇒ **Blending Pairs of Flavors Together:**
Once you "know what you're doing", you can go wild by pairing together all kinds of flavor combinations into your own creations. (From 30 flavors, play with creative combos like Coconut + Pineapple, Dark Chocolate + Strawberry, dream up your own).

Email Us Anytime: TheKitchen@FlavorEssence.com