

**Blasta  
Delights**

ginger  
inspired  
goodies



**SPICED  
GINGER  
SYRUP**

Do you know that Peruvian ginger is three times as strong in flavour as regular Chinese ginger root, as well as being twice as small? So a small bit goes a long way. The strong spice level is due to the higher concentration of gingerol in the ginger which comes from the farming and nutrients in the soil of the selva alta, or high jungle in Peru. Making this ginger healthier and more beneficial to your diet.

By using the mature Peruvian ginger root in my products I offer a treat that has noticeably better nutritional values.

My Spiced Ginger Syrup has a versatile range of uses in salad dressings, mixed through some yoghurt and fruit, morning hot water and lemon, add to some carrot juice for a nice spicy twist, addition to sparkling water and not forgetting of also your glass of sparkling wine. Also a great cocktail with dark rum, lime juice, sparkling water and a tbs of spiced ginger syrup.

Goes great on the morning porridge and pancakes. Not forgetting your summertime ice cream and stewed fruit.

This is me, Áine, creator of all the ginger inspired goodies. Made in Ireland.

### **SUGGESTED USES**

- pancakes
- porridge
- ice cream
- yoghurt and fruit
- rice pudding
- on desserts like baked apple or stewed fruit
- prick some holes in the top of a cake and drizzle some of the syrup over the cake
- iced tea, iced coffee or fruit milk shake

Add  
a bit  
of spice  
into  
your life

Irish made

ginger  
inspired  
goodies

Blasta Delights

**SPICED  
GINGER  
SYRUP**

300g e

Made in  
Ireland



Blasta Delights

| [hello@blastadelights.ie](mailto:hello@blastadelights.ie) | [www.blastadelights.ie](http://www.blastadelights.ie) |

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# SPICED GINGER SYRUP

## Spiced Espresso Martini

- 1tbsp spiced ginger syrup
- 25ml kahlua
- 25ml vodka
- 80ml brewed coffee
- crushed gingernut

Mix altogether in a glass or cocktail shaker. Give a good shake. Place into chilled glass. Sprinkle crushed gingernut on top.

## Spiced Carrot Juice, 2 servings

- 4 carrots, juiced
- 1 tsp spiced ginger syrup

Juice your carrots. Chill for 1hour. When ready add syrup and stir. Simple and refreshing

## Frozen Yoghurt Bark

- 500ml thick yoghurt
- 2tspn spiced ginger syrup - topping options: peach, pineapple, nut butter, raspberries, mango, chocolate shavings

Spread yoghurt onto parchment paper in a container. Place toppings on top. Drizzle syrup where you want it. Freeze for 2 hours.

## Carrot Salad

- grate 4 carrots finely
- 10ml sesame oil
- 1 tsp spiced ginger syrup
- 1 tsp soy sauce
- wedge of lime
- roasted peanuts

Mix altogether in container. Squeeze lime over and serve with the roasted peanuts. Lovely with some crispy tofu and rice noodles.

## Simple Spiced Iced Coffee

- cup cold brewed coffee
- cold milk
- spiced ginger syrup
- 3 small ice cubes

Add a small drop of water to your coffee granules. Add 3 small ice cubes. Add syrup, adjust to suit own sweetness. Top with milk and stir.

## Spiced Whiskey Smash

- 60ml bourbon
- 1 tbsp spiced ginger syrup
- 1/2 lemon in wedges
- 4 mint leaves

Bruise mint leaves with cocktail muddler or with a spoon. Place all in a cocktail shaker with ice. Strain and serve.

## Warm Spiced Apple Ginger Cider

- cup natural apple cider or cloudy apple juice
- 1 tsp spiced ginger syrup
- pinch of ground nutmeg

Heat apple cider or juice by itself. When heated add syrup and springle nutmeg on top. Unwind and enjoy

## Frozen Spiced Ginger Kefir Ice Cream

- 1 frozen banana
- 1/2" ginger root
- 1 tbsp spiced ginger syrup
- 1/2 frozen mango
- cacao powder

Blend altogether. Place in freezer. Mix every 25mins for about 2hrs. Take out & blend again. Freeze for 30mins & serve. Dust with cacao powder.