

The Shape of a Blend

How to build your own flavor, one part at a time

Works with any flavor extracts. Examples here use extracts from Alice Extracts.

Every blend has four parts you don't always need all four, but it's a great place to start

Heart

3–5%

The main flavor. What is it, at its core?

a cake, a crust, a cream, or one big fruit

Character

1–3%

The mid-notes. What makes it yours, the flavor you'd name it after.

a second fruit, caramel, coconut, a nut

Accent

¼–1%

A tiny spark that makes it pop. Just a little!

spice, mint, citrus, a flower, something tart

Finish

½–1%

Smooths it out and ties it all together.

vanilla, marshmallow, a little sweetness

Add them up and most blends land around **5–9%** of your batch.

Build one, step by step

- 1 Name your idea.** Think of a real food or drink you love. "Peach cobbler." "Strawberry lemonade." A real thing is easier to build.
- 2 Pick the heart.** What is most of it? A cobbler is mostly cake and crust.
- 3 Add the character.** What would you name it after? Peach!
- 4 Spark it, then round it.** One small accent and one finish. Taste it, write it down, and change only one or two things next time.

Example: Peach Cobbler

an idea to try, not a tested recipe · mL shown for a 120 mL bottle

HEART	Butter Cake	3%	3.6 mL
CHARACTER	Peach	3%	3.6 mL
ACCENT	Warm Cinnamon	½%	0.6 mL
FINISH	Vanilla	½%	0.6 mL
Total		7%	8.4 mL

Which part does each flavor play? a flavor can switch jobs. Fruit can be the heart or the character

FLAVOR FAMILY	USUALLY THE...	EXAMPLES
Bakery & cream	Heart	Butter Cake, Butter, Cheesecake, Graham Cracker, Coconut Milk
Fruit	Heart or Character	Strawberry, Peach, Pear, Red Apple, Blackberry, Mango, Pineapple, Melon, Banana
Sweets & nuts	Character	Creamy Caramel, Golden Butterscotch, Brown Sugar, Coconut, Almond, Macadamia
Spice, mint & flowers	Accent	Warm Cinnamon, Ginger, Peppermint, Lavender, Jasmine, Hibiscus, Basil
Tart & bright	Accent	Tart Drops, Lemon, Lime, Pink Grapefruit, Liquid Menthol (these are strong, so start tiny)
Smoothers	Finish	Vanilla, Marshmallow, Sweet Lumps

If it tastes...

Flat or dull	Add a tiny spark of something tart or bright.
Too sweet	Cut the finish in half.
Bitter	Lower the heavy ones (cocoa, cheesecake), or add a little sweetness.
Muddy	Too many competing flavors. Let a few lead.
Weak	Wait a day or two. Still weak? Add 1% more heart.
Like perfume	Flowers or mint are too high. Cut them in half.

The math

mL to add	= bottle size (mL) × % ÷ 100
In 120 mL	1% = 1.2 mL
In 30 mL	1% = 0.3 mL · a great tester
Tiny amounts	Under 1 mL? A pipettor makes it easy.

Every extract has its own best range. Check the label, or Alice's guide at aliceextracts.com/more/using-flavor-extracts

Start low.

You can always add more. You can't take it back out.

Test small.

Try it in 30 mL before you make a 120.

One change at a time.

Then you know what made it better.

Write it down.

Every round, every %. Good blends are easy to lose!

Stay safe: use flavor extracts made for mixing, and never oils or anything oil-based.