

RECIPE OF THE WEEK

Tropical Fruit Punch

Ingredients

- 1 packet Ideal Protein BCAA
- 1 bottle Sparkling Ice Water
- Coconut Flavored (or whichever flavor you like)
- Water
- Ice
- Lemon / Lime (optional)



Preparation

1. Mix BCAA with 3 ounces of plain water
2. Add 4 ounces of Coconut Sparkling Ice Flavored Water
3. Stir
4. Serve over ice with optional lemon or lime
5. Alternatively, mix with ice in a blender before serving

