

# TROPICAL FRUIT PUNCH



## SERVING SIZE



## INGREDIENTS

### ITEM

Ideal Protein BCAA Fruit Punch  
Sparkling Ice Water - Coconut Flavored  
Water  
Ice  
Lemon / Lime (Optional)

### QUANTITY

1 Packet  
1 Bottle



## PREPARATION

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