

Ingredients:

1 packet of Ideal Protein
Branched Chain
Amino Acids

Sparkling water

Zero calorie Coconut
flavoring (optional)

Water

Ice

Lemon / Lime (optional)

Tropical Fruit Punch

Directions:

1. Mix one packet of BCAAs with 3 ounces of plain water.
2. Add 4 ounces of sparkling water.
3. Add zero calorie coconut flavoring.
4. Stir.
5. Serve over ice with optional lemon or lime, in a glass or mix with ice in a blender before serving.

