

Holiday Recipes

Tropical Fruit Punch

Ingredients:

1 Packet IP BCAA

1 Bottle Coconut Sparkling Ice Flavored Water

(Or another flavor of your choosing)

Water

Ice

Lemon | Lime *(optional)*

Directions:

Mix one packet of BCAA's with 3oz plain water. Add 4oz. Coconut Sparkling Ice Flavored Water, stir. Serve over ice with optional lemon or lime in a glass or mix with ice in a blender bottle before serving