

# LiquaCel™

..... Liquid Protein Recipes 

## Watermelon Strawberry

### Ingredients:

- 1 oz Watermelon LiquaCel™
- 1 oz soda water
- 2 oz strawberry juice

Pour ingredients into shaker, add ice and shake. Pour into glass.

Provides: 16g protein

## Orange Splash

### Ingredients:

- 1 oz orange LiquaCel™
- 2 oz soda water
- 1/2 of lime (squeezed)
- 1 oz grape fruit juice
- wedge of lime for garnish

Pour ingredients into shaker, add ice and shake. Pour into glass.

Provides: 16g protein

## Pro-Tini

### Ingredients:

- 1 oz LiquaCel™ + 4 oz liquid:
- Water, Ginger Ale, Club Soda, Crystal Light®, Apple Juice, Cranberry juice, etc.

Pour ingredients into shaker, add ice and shake. Pour into glass.

Provides: 16g protein

## Jello Shots

### Ingredients:

- Sugar Free Jello (3 oz box) (orange, cherry, lemon, lime or raspberry)
- 1 cup hot water
- 1/2 cup cold water
- 1/2 cup LiquaCel™

## Watermelon Splash

### Ingredients:

- 1 oz Watermelon LiquaCel™
- 3 oz Sprite Zero
- slice of lime

Pour ingredients into shaker, add ice and shake. Pour into glass.

Provides: 16g protein

## Peach Mango Smoothie

### Ingredients:

- 1 banana
- 2 oz orange juice
- 1 oz Peach Mango LiquaCel™
- 5 ice cubes

Combine a banana, LiquaCel™, orange juice and ice into a blender. Blend until all ingredients are blended to desired consistency.

Provides: 17.3g protein

## Grape Lime

### Ingredients:

- 1 oz Grape LiquaCel™
- 3 oz soda water
- 1 1/2 fresh limes (squeezed)

Pour ingredients into shaker, add ice and shake. Pour into glass.

Provides: 16g protein

## Watermelon Mojito

### Ingredients:

- 1 oz Watermelon LiquaCel™
- 1 oz lime juice
- handful mint leaves
- 3 oz ginger ale
- garnish with more mint

Pour ingredients into shaker, add ice and shake. Pour into glass.

Provides: 16g protein

## Peach Mango Colada

### Ingredients:

- 2 oz pineapple juice
- 2 oz unsweetened coconut milk
- 1 oz Peach Mango LiquaCel™
- cherry for garnish

Combine LiquaCel™, pineapple juice and coconut milk. Mix in a blender or cocktail shaker. Add a cherry for garnish!

Provides: 17.2g protein

## Lemonade Iced Tea

### Ingredients:

- 1 oz Lemonade LiquaCel™
- 3 oz unsweetened tea
- 1 oz club soda
- 3 oz ginger ale
- mint and slice of lemon for garnish

Pour ingredients into shaker, add ice and shake. Pour into glass.

Provides: 16g protein

1. Add hot water to Jello mix and stir until dissolved.
2. Add cold water and LiquaCel™ and stir.
3. Pour into 8 x 8 dish and place in refrigerator until set.
4. Cut into 12 portions.

Each portion of Jello provides at least 5.4g of protein in every delicious snack!

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## Orange Strawberry Mash

Ingredients:

- 1 oz orange LiquaCel
- 4 oz soda water
- 2 strawberries (mashed)
- wedge of strawberry for garnish

Provides: 16.5g of protein

## Cran-lime

Ingredients:

- 1 oz Lemonade LiquaCel™
- 2 oz cranberry juice
- 2 oz club soda
- slice of lime

Provides: 16g of protein

## Apple Lemonade

Ingredients:

- 1 oz Lemonade LiquaCel™
- 2 oz apple juice
- 2 oz club soda

Provides: 16g of protein

## Orange Splash

Ingredients:

- 1 oz orange LiquaCel
- 2 oz soda water
- 1/2 of lime (squeezed)
- 1 oz grape fruit juice
- wedge of lime for garnish

Provides: 16g of protein

## Orange Blackberry Mash

Ingredients:

- 1 oz orange LiquaCel™
- 3 oz soda water
- 1 oz cranberry
- about 2 oz of crushed ice (optional)
- 2 blackberries (mashed)
- mint for garnish

Provides: 16g of protein

