

Protein

Recipes
for

LiquaCel

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 of protein



Jello Shots

Ingredients:

- Sugar Free Jello (orange, cherry, lemon, lime or raspberry)
- 1 cup hot water
- ½ cup cold water
- ½ cup LiquaCel™

Directions:

1. Add hot water to jello mix and stir until dissolved.
2. Add cold water and LiquaCel™ and stir.
3. Pour into 8x8 dish and place in refrigerator until set.
4. Cut into 12 portions.

Each portion provides at least 5.4g of protein



Peach Iced Tea

Ingredients:

- 1 oz **Peach LiquaCel™**
- 3 oz unsweetened tea
- Splash of club soda
- Sprig of mint and slice of lemon for garnish

Provides: 16g of protein

