

Refreshing **LiquaCel™** Recipes

Each ounce provides 16 grams of protein. Have an enjoyable time creating these high protein recipes!



Serving Suggestions

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

New Recipe: Jello Shots

Sugar Free Jello (Orange, cherry, lemon, lime or raspberry)

1 cup hot water
½ cup cold water
½ cup LiquaCel

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 yields about 5.3g of protein

LiquaCel™ Splash

Ingredients:

1 oz. Grape LiquaCel™
1/2oz. Apple Juice
1 oz. Cranberry Juice

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

Provides: 16g of protein



LiquaCel™ Refresher

Ingredients:

4oz. beverage - apple juice, cranberry juice, Crystal Light® lemonade, etc.
1oz. LiquaCel™

Provides: 16g of protein

LiquaCel™ Sunberry

Ingredients:

1 oz. Lemonade LiquaCel™
4 oz. Crystal Light® lemonade
4-6 strawberries

Pour into blender, add ice blend until smooth.

Provides: 16g of protein

