

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

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

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

Orange Splash

Ingredients:

- 1 oz Orange LiquaCel®
- 2 oz soda water
- 1/2 of lime (squeezed)
- 1 oz grapefruit juice
- wedge of lime for garnish

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

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

Pro-Tini

Ingredients:

- 1 oz LiquaCel® + 4 oz liquid:
- water, ginger ale, soda water, Crystal Light®, apple Juice, cranberry juice, etc.

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

Provides: 16g 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

Lemonade Iced Tea

Ingredients:

- 1 oz Lemon 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

Jello Shots

Ingredients:

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

1. Add hot water to Jell-O® mix and stir until dissolved.
2. Add cold water to 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!

Cran-lime

Ingredients:

- 1 oz Lemon LiquaCel[®]
- 2 oz cranberry juice
- 2 oz club soda
- slice of lime

Provides: 16g of protein

Orange Strawberry

Ingredients:

- 1 oz Orange LiquaCel[®]
- 4 oz soda water
- 2 strawberries (mashed)
- wedge of strawberry for garnish

Provides: 16.5g of protein

Apple Lemonade

Ingredients:

- 1 oz Lemon LiquaCel[®]
- 2 oz apple juice
- 2 oz club soda

Provides: 16g of protein

Orange Blackberry

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