

Citrus Fizz *Recipe suggestion*

Serves 1 (100kcal, 15g protein per serving)



Ingredients*

- 1 sachet of ProSource Plus (We recommend Citrus Berry or Orange Crème flavour)
- 170ml sparkling water
- 1 lime wedge or garnish of your choice (optional)
- Ice cubes

Method

Step 1

Pour sachet of ProSource into your chosen glass

Step 2

Add ice and top with sparkling water

Step 3

Mix well with a spoon or drinking straw

Step 4

Top with your chosen garnish and enjoy!



Serving suggestion

* Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional.