

# Ginger Ale Fizz Recipe suggestion

Serves 1 (121kcal, 15g protein per serving)



## Ingredients\*

- 1 sachet of ProSource TF Plant
- 155ml ginger ale (any brand)
- 1 lime wedge (optional)
- Ice cubes

## Method

### Step 1

Pour sachet of ProSource TF Plant into your chosen glass

### Step 2

Add ice and top with ginger ale

### Step 3

Mix well with a spoon or drinking straw

### Step 4

Garnish with a wedge of lime and enjoy!



Serving suggestion

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

\*\* Fresh ginger root for decorative purposes only.