

Lime & Mint Fizz Recipe suggestion

Serves 1 (126kcal, 15g protein per serving)



Ingredients*

- 1 sachet of ProSource TF Plant
- 30ml of lime and mint cordial (we recommend Robinsons)
- 125ml of sparkling water
- 1 sprig of mint (optional garnish)

Method

Step 1

Pour sachet of ProSource TF Plant into your chosen glass

Step 2

Add 30ml of lime and mint cordial

Step 3

Add ice and top with sparkling water

Step 4

Mix well with a spoon or drinking straw

Step 5

Garnish with a sprig of mint and enjoy!



Serving suggestion

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