

Guava and Sour Plum Performance Drink



Enhanced with quality dairy protein content, this refreshing beverage can help aid in muscle recovery after exercise.

Nutrition Content Per 100g:

Calories 344kcal; Total Fat 0.5g; Saturated Fat 0.2g; Trans Fat 0.1g; Cholesterol 10mg; Total Carbohydrates 18.2g; Dietary Fiber 0.8g; Sugars 6.8g; Protein 69g; Calcium 365mg; Magnesium 80.5mg; Phosphorus 869mg; Potassium 447mg; Sodium 230mg; Iron 0.6mg; Vitamin A 80iU; Vitamin C 0mg

Benefit of Using U.S. Dairy:

- Whey Protein Isolate boosts protein content and is easily digested and absorbed by the body.

Ingredients

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|---|---------------|
| U.S. Whey Protein Isolate (Instantized) | 12.5g |
| U.S. Whey Protein Isolate (Pre acidified) | 12.5g |
| Plum Powder (Sugar, Plum Powder) | 3.3g |
| Citric Acid | 2g |
| Guava Flavor | 0.5g |
| Plum Flavor | 0.28g |
| Sucralose | 0.045g |
| Salt | 0.05g |
| Total | 31.13g |

Preparation

1. Blend all the dry ingredients together till well-incorporated.
2. Pour all the ingredients into a sports shaker bottle.
3. Add in 250 - 350 ml of water.
4. Shake well and serve.

Developed by U.S. Dairy Export Council Southeast Asia.

For additional information and recipes using U.S. dairy ingredients, visit: www.ThinkUSADairy.org/SEAsia