

Sparkling Honey Lemon Protein Water

Enriched with protein, this zesty thirst-quencher refreshes after strenuous activities such as exercise and sports, helping muscles heal and rebuild. Best of all, it delivers a fix of fizzy goodness while being lower in sugar – the ideal carbonated soda alternative.



SPARKLING HONEY LEMON PROTEIN WATER

Ingredients	Weight Percentage (%)	Per Serving (320ml)
Carbonated Water	60.00	192.00
Water	25.40	81.40
U.S. Whey Protein Isolate (Acidified)*	7.22	23.09
Manuka Honey	5.71	18.30
Citric Acid	0.75	2.40
Lemon Flavouring	0.40	1.28
Sodium Citrate	0.33	1.04
Salt	0.125	0.40
Sucralose	0.012	0.038
Anti-foaming agent	0.011	0.035
Total	100	320

*Check with U.S. suppliers for acidified or other specialty WPI tailored for beverage formulations.

Preparation

1. Pre-weigh all ingredients.
2. Combine water, whey protein isolate, anti-foaming agent and mix with a high-speed mixer for 5 minutes.
3. Allow to hydrate for 30 minutes with minimum agitation.
4. Gradually add in lemon flavouring, Manuka honey, sucralose, salt, citric acid, sodium citrate and mix for 20 minutes at low speed until completely dissolved.
5. Cool down the mixture to 5°C.
6. For a 320 ml beverage, weigh out 128 g of protein mixture into the can and add in 192 g of carbonated water.
7. Ensure pH to be between 3.0 – 3.1.
8. Seam the cans with a can seamer.
9. Transfer the cans to a hot water bath maintained at ~75°C. Hold the cans for at least 30 minutes and the core temperature should reach ≥72°C.
10. Place cans in an iced-water bath and cool down to ambient temperature.

(Note: Lowering the temperature of mixture before adding carbonated water will improve CO₂ gas retention in the beverage.)

NUTRITION CONTENT

Serving size: 320 ml

	Per Serve (320 ml)	Per Serve (100 ml)
Energy	140.00 kcal	44.00 kcal
Protein	19.59 g	6.12 g
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Total Carbohydrate	15.29 g	4.78 g
Sugar	15.13 g	4.73 g
Dietary Fibre	0 g	0 g
Sodium	165.00 mg	51.00 mg
Calcium	18.38 mg	5.74 mg
Potassium	0.03 mg	0.01 mg
Iron	0.09 mg	0.03 mg
Vitamin D	0 µg	0 µg



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