

# 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

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

### 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: <https://www.usdairyexcellence.org/>