

MuscleRescue Pina Colada

Optimize muscle growth and function with this tropical MuscleRescue Pina Colada.

This mocktail features **CanPrev's MuscleRescue** powder in a delicious pineapple punch flavour. One scoop delivers the most efficient ratio of essential amino acids needed for protein synthesis to maintain and grow muscle tissue.

Reach your goals faster with each refreshing sip!



Preparation time: 5 mins | Servings: 2



Ingredients

- 1 cup ice cubes
- ½ cup unsweetened coconut milk
- ½ cup coconut water
- 2 tbsp lime juice
- Pinch of cinnamon
- Lime wedge for garnish
- 1 scoop MuscleRescue

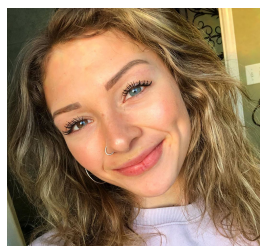
Method

1. In a shaker cup filled with ice, add MuscleRescue, coconut water, and lime juice.
2. Seal the shaker cup and shake vigorously until the contents are fully dissolved.
3. Pour mixture into two separate glasses to share.
4. Top each glass with a splash of creamy coconut milk, a dash of cinnamon, and desired garnish.
5. Enjoy with your workout buddy!

Featured Products



Developed by: Nicole Bowman



As a fitness and health enthusiast, Nicole combines her background in Human Nutrition with her passion for cooking to create delicious treats with functional benefits.

