

Beat the Heat

LEMONADES



CRUEL SUMMER

Ingredients

- 1 tsp. 4C Energy Rush - orange
- 1/4 tsp. Waka instant strawberry green tea
- 1/8 tsp. Nutricost guarana powder
- 1/2 tsp. Tang orange drink mix
- 1/2 tsp. Wyler's pink lemonade drink mix
- 2 oz. cold Fruit of the Earth aloe vera juice
- Ice & Water

Directions

- Dissolve 4C orange, tea, guarana & Tang in 6 oz. of hot water in the bottom of a 32 oz. cup
- Pack cup with ice
- Coat top of ice with cold aloe vera juice
- Mix pink lemonade with 8 oz. cold water & pour over ice

Ingredients

- 1 tsp. Wyler's watermelon lemonade drink mix
- 1 oz. sugar free Strawberry syrup
- 1 cup white grape juice
- Ice & Water

WATERMELON FEVER

Directions

- Dissolve watermelon lemonade & strawberry syrup in 8 oz. of hot water in the bottom of a 32 oz. cup
- Add white grape juice
- Pack cup with ice



HOT YOGA

Ingredients

- 1 tsp. Wyler's watermelon lemonade drink mix
- 1 oz. sugar free Strawberry syrup
- 1 cup VitaCoco coconut milk (vanilla)
- 1 scoop Isopure Zero Carb Protein Powder (unflavored)
- 2 cups ice
- 1/2 cup water

Directions

- Combine all ingredients in blender
- Blend until desired consistency
- Pour into 32 oz. cup

Ingredients

- 1 tsp. Wyler's lemonade drink mix
- 1 oz. sugar free Strawberry syrup
- 1 oz. sugar free Dragon Fruit Acai syrup
- 1 cup lemon lime sparkling water
- Ice & Water

RECORD BREAKER

Directions

- Dissolve lemonade in 8 oz. of hot water in the bottom of a 32 oz. cup
- Pack cup with ice
- Mix strawberry syrup & dragon fruit acai syrup with lemon lime sparkling water and pour over ice

