

Iced Chocolate Soda

Ingredients:

- 1 bottle Resource® Energy – Chocolate flavour
- 1 scoop Vanilla ice cream
- 125ml soda water
- 2 ice cubes



1-2 SERVINGS

Method:

- Put the Resource® Energy and ice cream in a liquidiser or food processor and blend until smooth.
- Gradually add the soda water.
- Serve with ice.

Alternative suggestion:

Resource® Protein Chocolate can be substituted for Resource® Energy in this recipe.