



BODYBUILDING.com™

Peach-Mango Sangria

Add an extra zip to your favorite sangria with Signature Tropical Pineapple Amino Plus Energy. The blend of amino acids help with muscle repair and recovery, while the caffeine and green tea extract give you a boost of energy to wake up and enjoy the festivities all summer long.

Prep time: 5 min. **Cook time:** 0 min.

Serving size: 1 glass

Recipe yields 2 servings

Ingredients

1 cup frozen peaches, cut into 1-inch pieces

1 cup frozen mango, cut into 1-inch pieces

1 medium apple, cored and cut into 1-inch pieces

1-2 scoops Tropical Pineapple Amino Plus Energy

12 oz. soda water

Directions

1. Divide peach, mango, and apple evenly between 2 glasses.
2. Add Amino Plus Energy to sparkling water in a pitcher and stir to combine. Pour Amino mixture over fruit and serve.