



Anna Sward's Protein Jello

Ingredients:

- 1 pint of boiling water (568ml)
- 1 green tea bag (or two)
- 2 scoops of BCAAs
- 1 pack unflavored powdered gelatin (11g)

Directions:

1. Make a big cup of tea with a pint (568ml) of almost-boiling water.
2. After a minute, remove the tea bag. Whisk the tea with the gelatin and BCAAs. I use Dymatize Nutrition Elite Recoup, grape flavor. I love the flavor and it contains higher amounts of B-vitamins than other BCAA powders out there.
3. Whisk it until everything is well dissolved.
4. Divide the mixture into four glasses, bowls, or ramekins.
5. Leave it to set in the fridge overnight and ... kaPOW! Done.