

*Energize*

YOUR SUMMER

*Recipes*

**RASPBERRY PEACH** Energize Gummies

**CHERRY BOMB** Energize Cooler

**MAI TAI** Energize Cocktail

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# RASPBERRY PEACH

## Energize Gummies

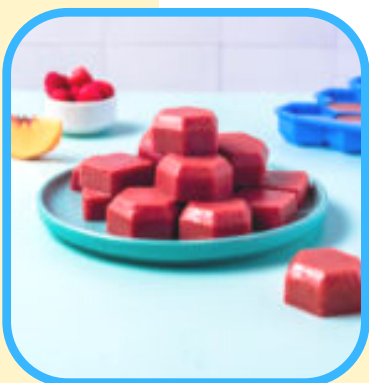
### Ingredients

- 1 cup canned peaches (in 100% juice)
- ½ cup fresh (or frozen) raspberries
- 1½ cups cold water, divided use
- 1 Tbsp. agar powder
- 2 scoops Beachbody Energize Fruit Punch or Mixed Berry

### Method

1. Add peaches, raspberries and ¼ cup water to a blender. Blend until smooth
2. Heat ½ cup water in a small pot over medium-high heat; add peach mixture
3. Whisking constantly to avoid clumping, slowly add agar powder. Bring to a gentle boil; reduce heat to low. Gently boil for 1 minute, or until agar powder dissolves completely
4. Carefully pour peach mixture into a bowl; add Energize and remaining ¾ cup water. Stir to combine
5. Pour mixture into a gummy mold (or a deep glass baking dish lined with plastic wrap). Cover; refrigerate for at least 4 hours or overnight
6. Pop gummies out of mold (or cut gummy mixture evenly into 20 equal gummies)

Serve immediately, or  
refrigerate in an airtight container  
for up to 5 days



# CHERRY BOMB

## *Energize Cooler*

### *Ingredients*

- 1 cup water
- 1 cup ice
- 1 scoop Beachbody Performance Energize Fruit Punch
- ½ cup frozen cherries

### *Method*

1. Place water, ice, Fruit Punch Energize and cherries into a blender & cover
2. Blend until smooth



Quick 'n' Easy  
Serve immediately

# MAI TAI

## Energize Cocktail

### Ingredients

- ½ cup / 120 ml unsweetened coconut milk beverage
- 1 cup / 170 g ice
- 1 scoop Beachbody Performance Energize Fruit Punch
- ¼ cup / 50 g frozen pineapple chunks
- ¼ cup / 35 g frozen cherries
- 1 Tbsp/ fresh lime juice (approx. ½ medium lime)
- ½ tsp. pure rum extract

### Method

1. Place coconut milk, ice, Energize, pineapple chunks, frozen cherries, lime juice and rum extract in a blender
2. Blend until smooth



Quick 'n' Easy  
Serve immediately

# STRAWBERRY LEMONADE

## Energize Cooler

### Ingredients

- 1 cup unsweetened rice milk
- 1 cup ice
- 1 scoop Beachbody Performance Energize Lemon
- ½ cup frozen strawberries
- 1 tsp. fresh mint leaves

### Method

1. Place rice milk, ice, lemon Energize, frozen strawberries and mint into a blender
2. Blend until smooth



Garnish with a mint leaf,  
a fresh strawberry &  
a slice of lemon

# PINEAPPLE ZING

## Energize Gummies

### Ingredients

- 2 cups cold water, divided use
- 2 Tbsp. gelatin (or 1 Tbsp. agar powder)
- 1 cup canned crushed pineapple, drained, rinsed
- 2 scoops Beachbody Performance Energize Fruit Punch, Mixed Berry, or Lemon

### Method

1. Combine  $\frac{1}{4}$  cup water with gelatin in a mixing bowl & whisk well. Set aside for 5 minutes. (\*see "Tips" below if using agar instead of gelatin)
2. Heat 1 cup water in a small pan over medium-high heat; add pineapple. Bring to a low boil and cook for 3 minutes. Take off the heat
3. In a fresh bowl mix the Energize and gelatin mixture together. Carefully pour in the heated pineapple-water mixture, mixing well. Then pour in remaining  $\frac{3}{4}$  cup water
4. Pour mixture into a prepared gummy mold or into a deep glass baking dish lined with plastic wrap. Cover and set in the refrigerator to cool for at least 4 hours, or overnight
5. Cut gummy mixture evenly into 20 equal gummies if using a baking dish to set

\* If using agar, add the 2 cups of water and pineapple to a small pan & bring to boil. Pour agar into the water, whisking vigorously to dissolve. Take off heat and cool for 5 minutes

Serve immediately or  
store in a fridge for up to 5 days



# MANGO DAIQUIRI

## *Energize Cooler*

### *Ingredients*

- 1 cup water
- 1 cup ice
- 1 scoop Beachbody Performance Lemon Energize
- ½ cup frozen mango
- 1 tsp. rum extract (optional)

### *Method*

1. Place water, ice, lemon Energize, frozen mango and rum extract (if using) in blender
2. Blend until smooth



Quick 'n' Easy  
Serve immediately