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### **Smash Apple**

Fans of the whiskey sour will enjoy this bourbon cocktail made with the unexpected juiciness of apple and lemon. Use a freshly squeezed lemon and, if you have a juicer, fresh apple juice. If not, look for cloudy, unfiltered apple juice for the best flavor.

Mix local honey with an equal amount of warm water to create a syrup that mixes more easily (and adds less sugar) than straight honey. Let it cool before adding it to the drinks so as not to melt the ice.

Prep Time: 5 min. Cook Time: 0 min.

Serving size: 1 cocktail

Makes: 1 serving

#### **Ingredients**

1/2 scoop Smash Apple XTEND BCAAs  
1.7 oz. bourbon  
2-1/2 oz. fresh apple juice  
2 tsp local honey syrup (1-1 with water)  
2 tsp lemon juice

Garnish:

1 lemon peel

#### **Directions**

1. Add the ingredients to a shaker.
2. Shake well.
3. Pour over ice into a rocks glass.
4. Garnish with lemon peel.