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The Fitness Model

Prefer to keep things simple? This crisp, sparkling cocktail is almost as quick to make as a vodka soda but way, way more fun.

Nothing beats the flavor of freshly squeezed citrus, whether for drinks or your sad chicken and broccoli. A hand-held citrus juicer is an affordable kitchen tool that's great to have on hand—and it lets you show off your biceps.

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

Serving size: 1 cocktail

Makes: 1 serving

Ingredients

1/2 scoop Lemon-Lime Squeeze XTEND BCAAs

1.7 oz. vodka

4 tsp lemon juice

1.7 oz. grapefruit juice

1 splash sparkling mineral water

Garnish:

1 grapefruit wedge

Directions

1. Add the ingredients except mineral water to a shaker.
2. Shake well.
3. Pour over ice into a highball glass.
4. Top off with mineral water.
5. Garnish with the grapefruit wedge.