Blueberry-Lemon Active Sipper

Whether you're going to get your sweat on, or heading out on a hot summer day, don't forget your active sipper!

Make sure you give your body the nutrients it needs to perform, by including a scoop of **CanPrev's Active Multi,** with 25 essential vitamins and minerals in their active forms. Also add in **L-Taurine Vegan Amino Acid** to improve muscle performance and exercise capacity.

With a pinch of sea salt, and a dash of coconut water for electrolytes, you're guaranteed to stay hydrated.

Preparation time: 5 mins| Servings: 1

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Ingredients

- 2 tbsp fresh or frozen blueberries
- 1 tbsp lemon juice
- 1 ½ cup coconut water, unsweetened
- ½ cup water
- Pinch of sea salt
- 1 scoop Active Multi
- 1 scoop L-Taurine

Method

1. In a tall glass or your CanPrev Shaker, add blueberries, lemon juice, and salt.
2. Using a muddling tool or a fork, mash the berries against the side of your glass.
3. Add all other ingredients, and stir vigorously or shake until well combined. Enjoy!

Tip: If taking on-the-go, add a couple ice cubes to keep cool!

Featured Products

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As a Certified Holistic Nutritionist and Certified Fitness Trainer, Krista is a strong believer in the power of real food along with high-quality supplements to live a healthy lifestyle.

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