



## BCAA Slushy

1 serving

1 minute

### Ingredients

1 serving Bcaas  
6 Ice Cubes  
2 cups Water

### Nutrition

Amount per serving	
Calories	0
Fat	0g
Saturated	0g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	0g
Cholesterol	0mg
Sodium	9mg

### Directions

- 1 Blend all up in your magic bullet or other blender. Enjoy your refreshing, guilt-free, muscle-building slushy!

### Notes

**About BCAAs:** We dish out all the sciencey details about the what, why, when, and how much of using BCAAs on our blog: <https://buildnutrition.ca/bcaa-supplements-101/>

**Options:** Add fresh fruit for some carbs or just a slice of fresh fruit slices to make your drink pretty.