



Electrolyte Drink

Prep Time: 5 mins **Cook Time:** 5 mins **Servings:** Serving: 1

INGREDIENTS

1/4 cup fresh orange juice

1/4 cup fresh lemon juice

2 cups water (filtered or purified or raw coconut water)

2 tbsp organic raw honey or agave

1/8 tsp Himalayan Pink salt I like Himalayan better - it has 84 trace minerals

DIRECTIONS

Put all ingredients in a blender and blend well.

Store in Mason jars or reusable glass cap bottles.

NUTRITION

Serving: 1cup | Calories: 98kcal | Carbohydrates: 25g | Sodium: 159mg | Potassium: 155mg | Sugar: 14g | Vitamin A: 125IU | Vitamin C: 42.8mg | Calcium: 14mg | Iron: 0.1mg