

Make Your Own Electrolyte Drink!

Skip the Gatorade! It's easy and delicious, less expensive and better for you, to make your own hydration drink at home.

Here's a simple recipe, great for daily hydration, exercise or for when kids are sick and need to get fluids down, with some extra beneficial minerals and vitamins.

Ingredients:

1 ½ cups water

Juice of ½ lemon

Juice of 1/2 orange

1/8 - 1/4 tsp real sea salt, Himalayan salt, or Celtic sea salt

1 Tbl raw honey (local if possible) or pure maple syrup

Method:

1. Place everything into a jar with a tight fitting lid and shake well to combine. (This recipe fits perfectly in a pint-sized mason jar.)
2. Store in the fridge for up to a week.