

# All Natural Electrolyte Drink

This recipe makes 2 servings\*

Live. Life. Simple's: [All Natural Electrolyte Drink Using Freeze Dried Powders](#)

## Ingredients:

1 C Watermelon
1 Orange
1 Lemon
1 C Coconut Water
1 Tsp Sea Salt



## Directions:

1. Prep fruit and add to a blender (recommend that peels are removed for this recipe)
2. Add Salt
3. Blend until smooth
4. Divide evenly between two trays, or use dividers to help with portion control
5. Recommend pre-freezing until frozen solid
6. Freeze Dry
7. Store Appropriately (See Tips and Tricks for storage help)

<b>Cycle Time:</b> 31 hours	<b>Rehydration:</b> 1 serving is roughly 1 cup of small chunks... add 8 oz of Cold Water
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[www.freezedryingcookbook.com](http://www.freezedryingcookbook.com)

Cycle times & rehydration for reference only

\*XL Tray = 15 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 5 Cups/Tray