

# Electrolyte Drink- Homemade & All Natural

*This recipe makes about 2 cups*



## Ingredients

- 1 cup** watermelon
- 1** orange
- 1** lemon
- 1 cup** coconut water
- 1 tsp** sea salt

## Directions:

1. Prepare the fruit by peeling and chopping as needed. (For this recipe, it's recommended to remove the peels.)
2. Add the prepared fruit to a blender.
3. Pour in the coconut water and add the sea salt.
4. Blend until smooth.
5. Add parchment paper to your tray
6. Spread the drink evenly on your tray-add lids for easier carrying
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 31 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add  $\frac{3}{4}$  cup of electrolyte powder to 1 cup of cold water. Stir, shake or blend to mix. Enjoy

## Notes:

If you have difficulty staying hydrated or are training for a big race, this hydration drink is all-natural and rehydrates like the powders you buy in the store. The electrolyte data is:

- Sodium: 1128mg
- Potassium: 515mg
- Magnesium: 47mg
- Calcium: 65mg

\*\*If you have high blood pressure, kidney issues, or other health concerns, consult your doctor before consuming electrolyte drinks with added sodium to ensure they align with your dietary needs.

## Nutritional Value Per 1 cup

Calories 171 Carbohydrates 41 g Protein 4 g Fat 0 g Sugar 32 g Fiber 5 g