

# Very Berry Electrolyte Drink

*This recipe makes 2 serving which is about 2 ½ cups of liquid*



## Ingredients

½ **cup** mixed berries (fresh or frozen)  
2 **cups** cold water  
¼ **tsp** sea salt  
½ **tsp** magnesium powder  
1 **tbsp** lemon juice  
1 **tsp** honey (optional)

## Directions:

1. Add the mixed berries and cold water to a blender.
2. Blend until the berries are fully broken down and the liquid is smooth.
3. Pour the mixture through a fine mesh strainer into a pitcher or jar to remove pulp and seeds, if desired.
4. Stir in the sea salt, magnesium powder, lemon juice, and honey (if using) until fully dissolved.
5. Pour into molds to make it easier to keep portions and add to drinks.
6. Freeze until frozen solid.
7. Remove from molds. Place on a parchment lined tray.
8. Freeze dry (my cycle time was 36 hours)
9. I made these as gifts and stored 1 serving with a desiccant in individual storage bags. Store in mylar bags for long term storage.

## Rehydration:

Place 5 - ¼ cup pucks in a large water bottle, add 1 - 1¼ cups of ice cold water and shake until well combined

## Notes:

To make this easier to carry and rehydrate, you can powder the mixture and then divide it into single-serving portions stored in mylar bags.

## Nutritional Value Per 1 serving

Calories: 33 Protein: 0 g Fat: 0 g Carbohydrates: 8.5 g Sugar: 6.6 g Fiber: 1.1 g  
Sodium: 290 mg Potassium: 55 mg Magnesium: 50 mg Calcium: 6 mg