



Marjie C. Andrejciw, MT (ASCP) MS, NC
Holistic Nutritional Counselor
(810) 869-8898
www.circleoflifenuitrition.net

Homemade Electrolyte Drink – Lemon Lime Delight ***(good alternative to Gatorade)***

Ingredients:

- 4 cups filtered water
- ¼ cup fresh squeezed lemon juice
- ¼ cup fresh squeezed lime juice
- ¼ cup raw unfiltered honey or maple syrup (or to taste)
- ¼ tsp. real salt (not table salt!)

PREPARATION:

1. Mix ingredients together until salt and sweet are completely dissolved, and store in the fridge when you're not enjoying it!
2. Drink during illness, during and after sports, or any other time electrolytes need to be replenished.

Enjoy!