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Homemade Electrolyte Drink – Put the Lime in the Coconut (good alternative to Gatorade)

Ingredients:

- 3 cups coconut water
- 1 cup filtered water
- ¼ cup fresh squeezed lime juice
- 2 tbsp. 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!