

Natural Energy Drink

1 cup coconut water
1/2 cup pineapple juice
1/16 teaspoon real salt or sea salt

Mix and enjoy.

Compare this drink to the popular sports drink:

Natural Energy Drink

Sodium = 167 mg (Remember this is from natural sources not added sodium.)

Potassium = 575 mg

Carbohydrates = 27 mg

Sports Drink

Sodium = 110 mg

Potassium = 30 mg

Carbohydrates = 14 mg

Recipe from the School of Natural Healing

