

Super Simple Electrolytes

Raw coconut water is almost identical to your blood's electrolyte balance so that alone can replace the electrolyte in your system. You can also add other fruit juices to the coconut water and even make it into popsicles. Another option is the following recipe:

Super Simple Electrolyte Drink

Ingredients:

- 1/2 cup freshly squeezed orange juice
- 1/4 cup freshly squeezed lemon juice
- 2 cups of filtered water
- 2 -4 tablespoons raw honey, to taste
- 1/8 teaspoon unrefined salt (to taste)



Directions:

In a blender, blend all of the ingredients together until the honey or sugar is dissolved. Taste test and adjust as needed. Enjoy.

Recipe from Kimi Harris