

Electrolyte Sport Drink with Ginger

1 lemon

2 cups coconut water (use fresh young coconut water to make the drink 100% raw)

1 TBSP agave nectar (also good with raw honey)

½ TBSP grated fresh ginger

Sea salt to taste

Squeeze the juice of the lemon into a blender. Add water, agave nectar, ginger, and sea salt; blend.

Keep refrigerated for up to 2 weeks. Makes about 2 cups

Especially when served cold, this drink goes down smoothly -- a prerequisite of any serious sport drink. The citrus combined with the coconut water and ginger gives this drink a refreshing crispness.

The young coconut water provides the electrolytes, while the agave nectar delivers an easily digestible form of slow-release carbohydrate. The ginger helps minimize inflammation.

Recipe from *Thrive: The Vegan Nutrition Guide to Optimal Performance in Sport and Live* by Brendan Brazier