

# B'S HOMEMADE ELECTROLYTE DRINK

With its natural sugars and electrolytes like potassium, coconut water is one of nature's most hydrating beverages. This homemade recipe kicks it up a notch with added magnesium and salt. It's tasty, super easy to make and is a great replacement for those artificially colored/flavored electrolyte drinks out there.

## DIRECTIONS

1. In a small sauce pot, add coconut water and salt. Warm through on low until the salt has dissolved.
2. In a blender, add the salted coconut water, orange juice, frozen berries, and honey. Open up the magnesium capsule and empty the content into the blender.
3. Blend everything together and enjoy!

### Equipment:

Frying pan, bowl, cutting board

**Makes:** 1-2 people

## INGREDIENTS

- ~500mL pure coconut water
- ¼ tsp sea salt or Himalayan salt
- 2 large oranges, squeezed
- ¼ C frozen raspberries
- 1 tsp raw honey (optional)
- 120mg magnesium glycinate (1 capsule)

\*Use organic ingredients where possible