Electrolyte Water | TWO 8-OUNCE SERVINGS

To hydrate better and stay hydrated longer, add some electrolytes to your diet! Our electrolyte water is a simple and delicious way to do that. It’s like making your own sports drink — without all the added sugar.

Prep time: 10 minutes / Cooking time: 5 minutes / Cooking tools: Medium mixing bowl, 2 glasses

INGREDIENTS

- 1/4 teaspoon salt
- 1/4 cup lemon juice
- 1/4 cup lime juice
- 1 tablespoon honey or agave nectar
- 1 1/2 cups coconut water
- 2 cups cold water

INSTRUCTIONS

1. In a medium bowl, combine salt, lemon juice, lime juice, and agave nectar or honey.
2. Stir in coconut water and cold tap water.
3. Pour over two glasses filled with ice.

TRY THIS!

There are many ways to put your own spin on electrolyte water:

- Use baking soda instead of salt if you have high blood pressure or are on a low-sodium diet.
- Use oranges or grapefruit instead of lemons and limes for a different taste.
- Add fresh mint or ginger for flavor.
- Use sparkling water in place of tap water for added taste.
- Add oral electrolyte powder for more electrolytes.