

DIY Healthy Electrolyte Drinks ~ Why buy cases of sugary artificially colored and flavored Gatorade or Powerade when you can make your own, healthier and more effective recovery drinks? Drink during illness, during and after sports, or any other time electrolytes need to be replenished!

★ Directions: Mix ingredients together 'til salt & sweet are completely dissolved. ★

Lemon Lime Delight

- 4 cups filtered water
- 1/4 cup fresh squeezed lemon juice
- 1/4 cup fresh squeezed lime juice
- 2 & ½ TBSPs cup raw unfiltered honey or maple syrup
- 1/4 tsp. real salt (no table salt!)



Orange You Glad It's a Beautiful Day?

- 3 cups filtered water
- 1 cup fresh squeezed orange juice (about 3 oranges)
- 1/4 cup fresh squeezed lemon OR lime juice
- 2 TBSP raw unfiltered honey or maple syrup (or to taste)
- ¼ tsp. real salt (no table salt!)

Put The Lime In The Coconut

- 3 cups coconut water
- 1 cup filtered water
- 1/4 cup fresh squeezed lime juice
- 2 Tbsp. raw unfiltered honey or maple syrup (or to taste)
- 1/4 tsp. real salt (no table salt!)



Flowerchild Refreshment Punch

- 3 cups Flowerchild Refreshment Tea*
- 1 cup coconut water (You can substitute fresh water here if you aren't a coconut person!)
- 1/4 cup fresh squeezed orange juice
- 2 Tbsp. raw unfiltered honey or maple syrup
- 1/4 tsp. real salt (no table salt!)

* **LOOSE LEAF TEA INGREDIENTS:** 2 parts Raspberry leaf / 1 part Hibiscus flowers / 1 part Orange peel / 1 part Lemon peel / 1/2 part Lemongrass / 1/2 - 1 part Rosehips (depending on how sweet you want the tea, you can experiment with how much rosehips you use to balance the tart of the hibiscus) / 1/4 part Chamomile flowers (optional) In the bottom of a gallon jug, steep **4 TBSPs** of the loose leaf tea blend, in **4 cups** boiling water for 8-10 minutes. Your tea is ready! Strain and combine with remaining ingredients & add ice.

The Limey Cuke ...

- 1 TBSP honey OR light organic agave syrup
 - 1 medium sized, peeled cucumber, rough chopped
 - 4 peeled limes, quartered & seeded
 - about 10-15 spearmint leaves (to taste)
 - 1 & ½ cups coconut water
 - ¼ tsp. Himalayan Pink Salt OR Kosher Salt (**not table salt!**)
1. Juice cucumber, lime, mint & honey and ½ **cup** of the coconut water in a high speed blender.
 2. Whisk in the remaining 1 **cup** of coconut water and serve cold!



What-a-Melon!

- ¼ of a whole watermelon (medium sized; **not one of the small ones**)
- 2 & ½ cups coconut water
- 1 tsp freshly squeezed lime juice
- pinch to ¼ tsp. Himalayan Pink Salt OR Kosher Salt (**not table salt!**)

1. Blend ingredients at high speed until liquid. Serve cold; garnish with a sprig of fresh mint if you'd like.



Watermelon Popsicles ~ The perfect alternative to sugary

sports drinks! Why Watermelon? Well, according to Fitness Magazine:

"It's a powerhouse when it comes to hydration and refueling (not to mention its nutritional value for minimal calories). Not only does it reduce soreness and boost athletic performance, but it can also help with inflammation and even cardiovascular health. That's why Dawn Jackson Blatner, R.D., developed the perfect recipe that uses watermelon to help you recover after a tough workout. She paired it with sea salt to create these watermelon electrolyte pops—the sea salt serves as electrolyte replenishment... and at only 25 calories per serving you can rest easy about the sugar content."



CUT. Chop the flesh of an average-size watermelon into cubes. Be sure to include some of the white rind since that's where citrulline is found in higher concentrations. NOTE: An average size (15 pound) watermelon will give you ~11 cups of cubes.

BLEND. Add the cubes to a blender with 1 teaspoon of sea salt & blend until smooth. You'll end up with ~ 6 cups of juice.

FREEZE. Pour juice into 16 Zipzicle Zip-Top Ice Pop Pouches- From Amazon or use your favorite popsicle molds and freeze until hard.