

Easy Hydration Drink

2 SERVINGS

5 MINUTES



This simple drink will replenish your electrolytes and give you a boost of hydration, without all the extra ingredients in some popular sports drinks.

INGREDIENTS

1/4 cup hot water
2 cups room temp water
1/8 tsp Himalayan salt
juice of 1/2 organic lime
1 tsp raw local honey

DIRECTIONS

1. Add salt to the hot water; stir to dissolve.
2. Add a little room temperature water, then stir in the honey until it dissolves.
3. Add the rest of the room temperature water and lime juice.
4. Enjoy and sip slowly!

