



YOUR WHOLE HEALTH

— AN INTEGRATIVE MEDICINE PRACTICE —

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What's wrong with typical sports drinks? Too much added sugar, artificial colors and flavors as well as other additives. Here is a recipe that provides great hydration with natural ingredients. Try it out!

- 4 cups liquid (green tea, coconut water, or plain water)
- 1/4 tsp iodized salt
- 1/4 cup 100% juice (Orange, pineapple, tart cherry)
- 1-2 TBSP raw honey or maple syrup
- 2 TBSP lemon juice

*for more carbohydrate, decrease liquid to 3 cups and increase juice to 1 1/4 cups

Boil liquid and dissolve salt and honey/syrup. Add juices and cool.