

Electrolyte Sports Drink – Makes 4 servings (500mL each)

<http://www.eminencenutrition.com/electrolyte-sports-drink>



Ingredients:

- 1 cup Orange juice (not from concentrate)
- ½ cup Granulated sugar
- ½ tsp. Himalayan pink salts
- 2 tbsp. Lemon juice
- 7 cups Water

Directions:

1. Combine all ingredients in a 2L juice jug and store in the fridge.
2. Enjoy! 😊