



SENGAY ARTS

If, like us, you're amazed at the amount of sports drinks that are basically disguised sugar-water, then we have a healthy alternative for you.

Not only is this recipe easy to make and really good for you but all of the ingredients are readily available from -

- supermarkets
- health food stores
- online.

Ingredients.

18oz filtered water

Juice of 1 ORGANIC lemon

1 tablespoon ORGANIC Chia seeds

Pinch of ORGANIC Himalayan salt.

1/2 teaspoon of pure Vitamin C powder (available from Sengay Arts).

Shake the drink regularly and wait at least 20 minutes before drinking to give the seeds time to absorb some liquid.

For more information you can Google (other search engines are available) the health benefits of each ingredient.

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