



Organic Lemon Electrolyte Drink

I developed this yummy lemony drink to help with quenching thirst and recharging the system after being out working, biking, etc. in the heat (which I do plenty of!). The organic lemon is very good for quenching thirst, the rind is great for the digestion, the sea salt replenishes electrolytes, and the organic sweetener helps bring sugar levels back up to normal quickly. Feel free to adjust quantities of ingredients to your taste!

Ingredients:

- A few wedges of organic lemon or lime
- Sea salt or rock salt (adjust to taste)
- Organic agave / maple syrup / raw honey or jaggery/brown sugar (adjust to taste)
- 2 cups filtered water - important to use filtered water as it tastes much better & is better for you

Squeeze juice from lemon wedges and drop them into a cup or jar. Add sea or rock salt, your sweetener of choice, and water. Stir or cover with lid and shake. Adjust ingredients to taste. Best used fresh the same day, but can keep in refrigerator for 1-2 days. You can eat the lemon rind with the drink - it is very cleansing and refreshing. Enjoy!

If you buy enough ingredients to make several batches of this drink, you will save yourself a lot of money on drinks when you are out in the hot sun! Plus you can make it taste exactly how you want and adjust for your unique needs.

Enjoy!

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