Homemade Electrolyte Drink



A healthier and more natural alternative for rehydration.

Ingredients

- 2 cups water
- 1/4 cup lemon juice
- 1/2 cup frozen or fresh berries
- 2 tsp honey
- 1/4 tsp sea salt

Method:

1. Simply add all the ingredients in a blender and pulse until smooth. Enjoy!