

# Natural Electrolyte Drink

Recipe Credit: Wellness Mama

## INGREDIENTS

1 quart liquid such as green tea herbal teas, coconut water, or plain water

1/8 - 1/4 tsp Himalayan salt

1 tsp calcium magnesium powder

1/4 cup or more 100% juice optional

1-2 TBSP sweetener such as honey or stevia optional. I suggest brewing stevia leaf into the base liquid for the most natural option

## INSTRUCTIONS

Brew tea if using, or slightly warm base liquid.

Add sea salt and calcium magnesium and mix.

If using, add juice and sweetener and mix or shake well.

Cool and store in refrigerator until ready to use.

Will last up to four days in refrigerator, but I prefer to make as needed.

## NOTES

My normal recipe includes 1 quart of tea (brewed with red raspberry leaf, alfalfa, nettle and Stevia), 1/4 tsp sea salt, 1 tsp calcium magnesium powder, and 1/4 cup grape or apple juice. Can make half a batch or less if needed.