

Lemon-Pomegranate Electrolyte Drink

Serves 4

Ingredients:

- ¼ teaspoon salt
- ¼ cup 100% pomegranate juice
- ¼ cup 100% lemon juice
- 1 ½ cups coconut water
- 2 cups cold water



Directions:

1. Pour ingredients into a medium pitcher.
2. Whisk to combine
3. Chill for at least 30 minutes.
4. Serve cold and enjoy!

Nutrition Information per serving (1/4 recipe):

Calories: 50, Total Fat: 0 g, Saturated Fat: 0 g, Unsaturated Fat: 0 g, Cholesterol: 0 mg, Sodium: 250 mg, Carbohydrate 10 g, Fiber: 0 g, Sugar: 10 g, Added sugar: 0 g, Protein: < 1 g

SOURCE: <https://www.healthline.com/health/fitness-exercise/homemade-electrolyte-drink#keep-in-mind>



Health Plus: Advancing healthy lifestyle practices.