



Ginger Lemon Electrolyte Drink

1 serving
5 minutes

Ingredients

2 tbsps Lemon Juice (freshly squeezed)
1 tbsp Maple Syrup
1 tsp Ginger (peeled and finely grated)
1/8 tsp Sea Salt
1 cup Water

Directions

- 1 Add all ingredients to a mason jar and shake vigorously.
- 2 Strain into a glass with ice. Serve immediately and enjoy.

Notes

Garnish: Serve with lemon slices and fresh ginger.

No Maple Syrup: Use honey or a few drops of stevia to taste instead.

Cut the Sweetness: Add a pinch of sea salt.

No Aloe Juice: Substitute with an extra tablespoon of lemon juice.