

HYDRATING ELECTROLYTE WATER

Vata ↓, Pitta ↓, Kapha ↓

Makes 4 cups / Prep Time: 5 to 10 minutes

- 4 cups of water
- 1/2 lime, juiced
- 2 to 3 teaspoons maple syrup
- Pinch of mineral salt, pink Himalayan salt, or sea salt
- 10 to 15 fresh mint leaves (optional)

1. Fill a quart size glass jar with room temperature water.
2. Add the fresh squeezed lime juice, maple syrup, and a pinch of salt.
3. Cut up the fresh mint leaves (if used) in small pieces and add to the drink mixture.
4. Let the mint leaves (if used) steep for at least 15 minutes.
5. Cover the jar with an air tight lid and shake several times to disperse the ingredients evenly.
6. Strain the mint leaves (if used) out and serve.
7. Electrolyte water is great during times of excessive heat, high Pitta, heavy sweating, dehydration, low energy, muscle weakness, and illness.
8. Store in an airtight jar in the refrigerator for up to 5 days.

Ingredient tip: To add even more cooling, hydrating properties to this beverage, feel free to add in sliced cucumber, a splash of raw coconut water, or a tablespoon of aloe juice.