

Blueberry Electric

This is a homemade sports drink that can be used for electrolyte replenishment.

Recipe from Tilth Alliance
Makes 32 ounces

Ingredients

4 cups water
1 cup fresh blueberries
2 tablespoons honey
1/4 teaspoon salt
Juice of 1 lemon

Instructions

Fill pitcher with water.

Add blueberries, honey, salt, and lemon juice and stir. Taste and adjust to desired flavor and strength.

Add ice and enjoy!

Note:

You can adjust the flavors of this drink to suit your preferences and ingredient availability. Try using other berries, such as strawberries, blackberries, and raspberries, or using cucumber in place of berries. You can also try adding fresh mint, lemon balm, or other refreshing herbs.



Photo credit: Tilth Alliance