

Farm to Table provides local, sustainably grown foods to childcare programs in Seattle to increase access to highly nutritious foods. The program is supported by funding from the City of Seattle Sweetened Beverage Tax.

## **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



Photo credit: Tilth Alliance

## 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.







