

## Homemade Coconut Citrus Electrolyte Drink



Time Required: 1 minute      Yield: 1 liter

### **Ingredients**

2 cups	100% orange juice	500 mL
¼ tsp	salt	1 mL
1 ½ cups	water, warm	375 mL
½ cup	pure coconut water	125 mL

### **Instructions**

1. Dissolve salt in water in a 1 liter pitcher.
2. Add orange juice and coconut water. Stir to combine.
3. Cool and chill in fridge until ready to drink.

### **Nutrition Information\***

Per Full Recipe (1L)	Orange Juice	Salt	Coconut Water	Total
Carbohydrate	60	0	5	65g
Sodium	10	534	133	677mg
Potassium	936	0	317	1253mg

\*Values based on the Canadian Nutrient File Database

### **Dietitian Angel's Tip**

Before you go on auto-pilot and grab a store-bought electrolyte drink to fuel your everyday training needs, try making your own! It's quick, simple, and just as nutritious with no artificial flavors or colorings that don't do much beyond dyeing your tongue!