

## Electrolyte Drinks

### 1. Fruit Punch

3 cups Tazo Tea from concentrate or brewed tea (caffeine free)

3 cups filtered water

1 cup coconut water

2-3 tablespoons honey or syrup (ONLY if brewing tea)

1/2 teaspoon Celtic Salt

### 2. Lime Cooler

1 cup lime juice

1/2 teaspoon Celtic Sea Salt

2-3 tablespoons honey or syrup

7 cups filtered water

**JOYCE LANDE, HAPPY AND HEALTHY LIFESTYLES**

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