

## Electrolyte Drinks and Frozen Mixed Fruit Popsicle

### **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

### **Frozen Popsicle**

#### Mixed Fruit Popsicles

modified from Sanoviv Medical Institute Health Recipes - From Our Kitchen 2012

3 cups watermelon (remove seeds or use seedless watermelon)  
1 cup fresh blueberries (organic recommended)  
1 cup fresh strawberries (organic recommended)  
1 cup coconut water  
2 cups filtered water

#### Instructions:

1. Cut the watermelon into chunks and puree in a blender until smooth.
2. Add the blueberries and strawberries to the watermelon mixture and blend.
3. Add the coconut water and filtered water and blend.
4. Fill a popsicle mold (or 3 oz plastic cup) with the pureed fruit.
5. Pour until each mold is 3/4 full.
6. Place popsicle stick into each.
7. Place in freezer and freeze for about 6-8 hours.

Serves: Many!!!!

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