

Citrus Quencher Sports Drink

Yield: 2 servings

Ingredients

1½ cups water
⅓ cup orange juice
3 tablespoons lemon juice
1 tablespoon honey
⅛ teaspoon salt

Instructions

1. Place all ingredients in a blender, bottle or jar with a lid and mix well.
2. Enjoy chilled or over ice.

Nutrition Information

Serving Size: 8 ounces

Calories: 55
Total Fat: 0 g
Saturated Fat: 0 g
Monounsaturated Fat: 0 g
Sodium: 146 mg
Potassium: 110 mg
Total Carbohydrate: 14 g
Dietary Fiber: 0 g
Sugar: 13 g
Protein: 0 g

Source: Well and Good. Amy Marturana



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