

Coconut Refresher Sports Drink

Yield: 2 servings

Ingredients

1¼ cups coconut water
¾ cup 100 percent juice
(orange, lemon, pineapple,
grapefruit, etc.)
2 tablespoons maple syrup
¼ 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: 60
Total Fat: 0 g
Saturated Fat: 0 g
Monounsaturated Fat: 0 g
Sodium: 167 mg
Potassium: 240 mg
Total Carbohydrate: 15 g
Dietary Fiber: 0 g
Sugar: 13 g
Protein: 0 g

Source: Recipe adapted from ONERESULT



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