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## Home-Made Sports Drink

*(makes about 1 quart)*

- 3 ½ cups water
- 4 Tbsp. **raw** honey
- ¼ tsp. Himalayan sea salt
- juice of 2 lemons or limes  
(or one of each)



This is a tasty and healthy alternative to store-bought sports drinks for those days when you are exercising for long periods or in extreme heat conditions!

*(Another great option for a sports drink is coconut water. It contains more potassium per serving than a banana and is one of the highest known sources of electrolytes!)*

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