

Electrolyte Drink

Ingredients

2 rosehip tea bags or 2 tsp hibiscus tea leaves
2 cups filtered boiling water
1 cup of freshly squeezed orange or apple juice
½ cup of lemon or lime juice
1/8 to ¼ teaspoon salt
2 cups to 1 litre of filtered water

Method

1. Place the tea bags or leaves in a teapot and pour in 2 cups boiling water, add ¼ cup of the lemon juice and let the tea cool down.
2. When cool strain the tea into a litre jar and add the rest of the ingredients adding as much water as you like. If you add more water be sure to drink it all so you get all the properties of the drink. You can take the drink with you for your day however just be sure to keep it cool if using apple juice as on occasion the apple juice can ferment.



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