

# Electrolyte Slushy Recipe

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5-Minutes, Vegan, Nut-Free

**Serves 1 / Prep time: 1 Minutes / Cook time: 0 Minutes / Total time: 2 Minutes**

You'll love this simple and refreshing slushy electrolyte drink. Choose any flavor of [Seeking Health Optimal Electrolyte](#) that you prefer: lemonade, berry, orange, or plain seltzer. This slushy provides the perfect ratio of electrolytes to optimize hydration and keep your metabolism running smoothly all day long.\*

## Ingredients

- [1 scoop - Optimal Electrolyte \(any flavor\)](#)
- ½ cup - Cold water
- 1 cup - Ice
- Optional add-ins - Citrus juice, fresh minced ginger, honey, or herbs such as basil or mint leaves

## Instructions

- In a tall glass or a 16-ounce mason jar, stir 1 scoop of [Optimal Electrolytes](#) into the water until dissolved.
- To a blender, add the electrolyte mixture, the ice, and any optional add-ins such as fresh-squeezed citrus juice, honey, or herbs, if desired.
- Blend until slushy and enjoy immediately.