

# Homemade Lemonade Electrolyte Drink

*This fun, refreshing lemonade recipe is low calorie and low carb, and contains the Electrolytes sodium, magnesium, calcium, and potassium. What better way to stay hydrated during the hot months?*

**Total Time:** 5 minutes

**Servings:** 5 servings



## INGREDIENTS

- 1 ½ cups Coconut Water
- 3 cups Cold Water
- ½ cup lemon juice
- 1 tsp Cream of Tartar
- 1/8 tsp Himalayan Pink Salt
- 2 scoops Ionic-Fizz™ Calcium Plus™

## INSTRUCTIONS

1. Place everything in a jug and stir until well combined and no crystals appear on the bottom.
2. Add some ice cubes if needed and enjoy!
3. Store in refrigerator until ready to use. Will last up to four days.

## NUTRITIONAL BREAKDOWN (per cup):

Calories: 24

Net Carbs: 3 g

Sodium: 82 mg (3% DV)

Magnesium: 132 mg (31% DV)

Calcium: 10.5 mg (1% DV)

Potassium: 302 mg (6% DV)