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## Homemade Electrolyte Recipe

Many commercial electrolyte replacement drinks are overdosed with carbohydrates (aka sugar), and as a result are counter-intuitive to common fitness and health goals. While some sugar is required for transport of the electrolytes into your tissues, only athletes who go through rigorous, competitive level type training really require the high amounts in commercial products. For a healthier, cleaner (and cheaper!) alternative, follow the simple recipe below to make your own.

### Ingredients:

- 1-2 tbsp honey (or more for taste)
- 1 tsp salt
- 1/2 tsp baking soda
- juice of 1/4-1/2 lemon
- 1 L water

### Instructions:

1. Combine all ingredients in a large pitcher
2. Refrigerate if a colder temperature drink is desired
3. Consume post workout to replenish electrolyte levels and support muscle metabolism
4. If storing for later consumption, store in a bottle and shake before drinking to mix any ingredient that may have settled