

# HYDRATION

## Drinks



### LEMON DRINK

- 1 ½-2 cups of water
- Juice of ½ lemon
- 1/8 to 1/4 tsp sea salt
- 2 tsp raw honey
- Mint leaves

- Everything into a jar with a lid and shake well to combine. This recipe fits perfectly in a pint mason jar.
- Store in the fridge for up to a week.



### CHIA SEED HYDRATION



- One tablespoon of chia seeds.
- Water to cover.
- Can add lemon, lime, or splash of any other juice.
- Drink when the seeds become mucilaginous.

### SARA CHANA'S TEA

- 3 to 6 tea bags celestial seasonings, any of the berries.
- ¼ cup honey
- 1-pint water
- ¼ cup black cherry concentrate

- Make the tea with the tea bags and honey.
- Add cherry concentrate.
- Make into ice cubes to add to water, or drink as tea.



## ROSE HYDRATION TEA

- 1 cup rose petal tea
- 1 teaspoon red or white miso paste
- 1 teaspoon maple syrup
- Pinch Cayenne pepper

- Drinking two cups a day lowers stress and anxiety.



## GRAPEFRUIT CIDER

- 1 cup of hot water
- Juice of one grapefruit
- ½ teaspoon apple cider vinegar
- ¼ teaspoon powdered ginger

- Blend for 5 to 10 seconds
- Sip while hot



## CUCUMBER LIME

- ½ cup filtered water or almond milk
- ½ cucumber
- 1 Tablespoon chia seeds
- 1-2 teaspoons of honey

- 1 Tablespoon lime juice
- 2 pinches of sea salt
- ½ teaspoon ginger-optional



- Add more water or almond milk to your liking