# 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.
- 1⁄4 cup honey



- 1-pint water
- | ¼ cup black cherry concentrate

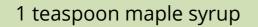
- Make the tea with the tea bags and honey.
- Add cherry concentrate.
- Make into ice cubes to add to water, or drink as tea.



#### **ROSE HYDRATION TEA**



- 1 cup rose petal tea
- 1 teaspoon red or white miso paste
- Drinking two cups a day lowers stress and anxiety.



Pinch Cayenne pepper



#### **GRAPEFRUIT CIDER**

1 cup of hot water

- Sip while hot
- Juice of one grapefruit
- 1/2 teaspoon apple cider vinegar
- 1/4 teaspoon powdered ginger



### **CUCUMBER LIME**

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

- 1 Tablespoon lime juice
- 2 pinches of sea salt
  - 1/2 teaspoon ginger-optional
- Add more water or almond milk to your liking



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