

Raspberry Lime Electrolyte Drink

Serving size: 12 fl oz

Makes 10 servings

- $\frac{3}{4}$ tsp Salt
- $\frac{1}{2}$ cup Sugar
- 3 cups Water
- 6 cups Raspberries
- 3 TBSP Lime Juice
- 10 cups Water
- 10 ea Lime Wedges

Preparation:

1. In a pot, combine salt, sugar and water. Heat until sugar and salt are dissolved.
2. Combine sugar/water/salt mixture and raspberries in a blender. Blend until berries are pureed. Strain mixture through a fine mesh strainer.
3. Combine with lime juice and water. Chill.
4. Garnish with a lime wedge.



Registered Dietitian Approved!



Scan
here for
recipe

NUTRITION FACTS PER SERVING

calories	80
total fat (g)	0
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	150
total carbohydrate (g)	19
dietary fiber (g)	5
sugar (g)	13
protein (g)	1