

SIDELINE SIPS

5 HOMEMADE ELECTROLYTE DRINKS FOR YOUNG ATHLETES

each recipe makes about 2 cups — blend or stir & chill



WATERMELON COOLER

2 cups blended watermelon • $\frac{1}{2}$ cup water
squeeze of lime • pinch of salt



PINEAPPLE PUNCH

1 cup pineapple juice • 1 cup coconut water
pinch of salt



SUNSHINE CITRUS

juice of 1 orange + $\frac{1}{2}$ lemon • 2 cups water
1–2 tsp honey • pinch of salt



LIMEADE RECHARGE

juice of 2 limes • 2 cups water
1 tbsp honey or maple syrup • pinch of salt



TROPICAL TWIST

$1\frac{1}{2}$ cups coconut water • $\frac{1}{2}$ cup pineapple juice
squeeze of lime

Drink after practice, not instead of water!

Shake before serving • a pinch of salt = about $\frac{1}{8}$ teaspoon

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