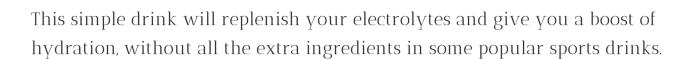
Easy Hydration Drink

2 SERVINGS 5 MINUTES



INGREDIENTS

DIRECTIONS

1/4 cup hot water
2 cups room temp water
1/8 tsp Himalayan salt
juice of 1/2 organic lime
1 tsp raw local honey

1.Add salt to the hot water; stir to dissolve.

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- 2.Add a little room temperature water, then stir in the honey until it dissolves.
- 3.Add the rest of the room temperature water and lime juice.
- 4. Enjoy and sip slowly!

