

# Citrus Ginger Refresher

## Ingredients

- ¾ c. orange juice
- 1 Tb. lemon juice
- ½ to 1 tsp. ginger, finely grated
- Small pinch salt
- Water or sparkling water to taste

Did you know that *fatigue, headache, nausea, muscle cramps* and *lightheadedness* can be signs of an electrolyte imbalance? It is important to replenish electrolytes, carbohydrates, and fluid when engaging in intense exercise. This tangy tonic includes electrolytes like sodium and potassium as well as disease-fighting antioxidants from ginger and citrus fruits.



## Directions

In a drinking glass or jar, add all ingredients and mix until well combined. Serve chilled or over ice.

Recipe adapted from a recipe in *Better Homes and Garden* magazine.

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