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

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.

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.

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