Homemade Electrolyte Drink



Ingredients

- 2.5 cups of filtered water
- 2 tablespoons lemon juice
- 1.5-2 tablespoons of maple syrup
- ½ teaspoon salt

Instructions

- 1. Simply add all ingredients to a large glass jar and mix manually with a spoon, protein shaker ball, or even a milk frother as a whisk.
- 2. Add desired amount of ice to keep cool.
- 3. Can be stored in the fridge for up to 5 days.

No-Bake Energy Balls

Example 1

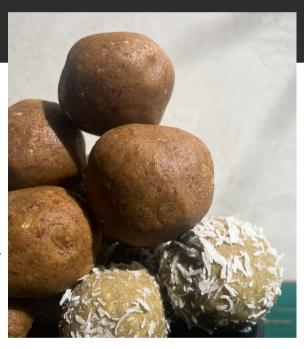
Ingredients

- 1½ cups unsweetened shredded coconut
- 2 scoops protein powder of choice
- 2-3 tsp maple syrup
- 1/4 cup nut milk
- ¼ tsp salt

Example 2

Ingredients

- 6 pitted dates
- 2 scoops protein powder of choice
- 1/4 cup of nut butter
- ¼ tsp salt



Instructions

- 1. Add shredded coconut and protein powder to a food processor and blend for about 30 seconds.
- 2. Add the remaining ingredients (maple syrup, nut milk, and salt) and pulse until the mixture solidifies.
- 3. Roll out mixture into small balls (~ 1.5 tablespoons for each ball).
- 4. Refrigerate balls for up to 7 days in an air-tight container or freeze for up to 3 months.

Instructions

- 1. Begin by ensuring your dates are fresh or softened. If dates are dry or hard, place in a small bowl and pour hot water over the dates. Let sit to soften for about 5 minutes. Drain water and your dates are ready for use.
- 2. Add softened dates to the food processor along with protein powder. Blend until mixed thoroughly for about 15 seconds.
- 3. Finally, add your nut butter and salt and pulse until the mixture has blended thoroughly.
- 4. Roll out mixture into small balls (~ 1.5 tablespoons for each ball).
- 5. Refrigerate balls for up to 7 days in an air-tight container or freeze for up to 3 months.