



Ayurvedic Electrolyte Beverage

Do you keep drinking water, but still feel dehydrated? This Ayurvedic electrolyte drink is a natural hydration recipe designed to replenish fluids and minerals while supporting digestion.

Servings: 1

Preparation Time: 5 minutes



Ingredients

- Juice from 1/4-1/2 a lime (depends on juiciness of the lime and your taste preference)
- 16 oz. of water (hot or room temperature)
- 1/2 teaspoon of natural sugar (**maple syrup**, **honey**, or **jaggery**)
- 1/4 teaspoon of salt

Instructions

- Mix all of the ingredients together and enjoy!
- Drink this at room temperature during the summer and hot during the colder months.
- This is excellent for rehydrating when there is a fever or diarrhea.
- This can also be made with lemon.
- Lime is slightly better for pitta dosha because it has a sweet post-digestive effect, as opposed to lemon having a sour post-digestive effect.

Ayurvedic Electrolyte Beverage (Cont.)



Instructions

- You may need to heat the water to melt the raw sugar or jaggery.
- If you use honey, please do not cook the honey as this will change its properties and make it less beneficial (some say toxic).

This beverage hydrates all three doshas, even Kapha can have a small amount of lime or lemon to stimulate digestion.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

