

# 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
- ¼ cup nut milk
- 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.

## Example 2

### Ingredients

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



### 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.