

# WATERMELON HYDRATION DRINK

This recipe is dedicated to everyone who doesn't love to drink plain water! Watermelon is mostly water and adds just the right flavor but not too much sweetness to this drink. A touch of Himalayan salt will also help you replenish your electrolytes on days when you tend to get most dehydrated. The recipe is easily scaleable, so make a cup or a whole pitcher and enjoy the summer sun.

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## INGREDIENTS

3 cups cubed seedless  
watermelon  
3 cups filtered water  
3 grinds of Himalayan salt  
1/4 lime

## MAKES FOUR CUPS

- 1 Place watermelon, water and salt in a high-speed blender. Squeeze the lime juice into the blender. Blend through.
- 2 Strain the liquid if you don't like pulp or to get a smoother drink.



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