

# Herbal Legacy Recipes

## MAKE YOUR OWN ENERGY DRINK

*Submitted by - Yvonne Salcido*

### **NATURAL ENERGY DRINK**

- 1 Cup coconut water
- 1/2 Cup pineapple juice
- 1/16 tsp sea salt

#### *Natural Energy Drink*

Sodium - 167 mg

Potassium - 575 mg

Carbohydrates - 27 mg

#### *Gatorade*

Sodium - 110 mg

Potassium - 30 mg

Carbohydrates - 14 mg



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