

Margarita-Ade

Makes one 16 ounce drink

There is nothing more refreshing than this Margarita-Ade on a hot day. It's the perfect way to rehydrate after a workout and a life-saver during extra sweaty sessions. Plus, the sodium level can be adjusted to meet your needs.

Ingredients:

2 ounces (oz) or 1/4 cup fresh-squeezed lime juice (about 4 small limes)
1 TBS honey (add more if you want it sweeter)
1/4 tsp sea salt (See *Sweat Rate Worksheet* to learn more about your sodium needs)
10 oz cold water
6 oz ice

Directions:

Margarita-Ade on the Rocks: Place ingredients in a shaker, shake, and pour into a glass. In lieu of a shaker, stir ingredients together in the glass.

Blended Margarita-Ade: Place ingredients in a blender and blend. Pour into a glass and drink.

Recovery Shake: Place ingredients in a blender, add 20 grams (g) of vanilla protein powder and blend.

Nutrition (16 oz without protein): 166 cal, 22 g carb, 0 g fiber, 0 g protein, 0 g fat, 590 mg sodium