

MINERAL MOCKTAIL RECIPES

Basic Recipe

INGREDIENTS:

- Source of potassium
- Source of sodium
- Source of vitamin C (for best absorption)
- Source of magnesium (OPTIONAL)



Recipe #1

INGREDIENTS:

- 1 cup aloe vera juice (inner leaf juice, unsweetened - potassium)
- 1/2 cup cranberry juice (unsweetened)
- 1/4 teaspoon sea salt
- 1 tablespoon fresh lime juice (vitamin C)
- 2-3 fresh mint leaves (optional, for garnish)
- Ice cubes

INSTRUCTIONS:

- In a pitcher or large glass, combine the aloe vera juice and cranberry juice.
- Squeeze in the fresh lime juice for a burst of citrus flavor.
- Add the sea salt and stir well until the salt is dissolved.
- Taste the mixture and adjust the salt level if needed.
- Fill serving glasses with ice cubes.
- Pour the aloe cranberry refresher over the ice cubes.
- Garnish with fresh mint leaves, if desired, for an extra burst of freshness.
- Stir gently and serve immediately.



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Recipe #1 - Creamsicle!

INGREDIENTS:

- 6 oz OJ
- 2T cream (coconut cream or heavy cream)
- 2T collagen
- ¼-1/2 tsp mineral salt

INSTRUCTIONS:

- Combine all ingredients together and mix until collagen and salt dissolves
- Enjoy!



Recipe #3

INGREDIENTS:

- 1 cup coconut water (around 600 mg potassium)
- ¼ tsp cream of tartar (potassium)
- 1/2 cup sparkling water (sodium content varies depending on brand)
- Juice of 1 lime (vitamin C & flavor)
- Pinch of Redmond's real salt (sodium)

INSTRUCTIONS:

- In a glass, combine the coconut water and sparkling water.
- Squeeze in the juice of one lime.
- Add a pinch of sea salt and stir until dissolved.
- Taste and adjust the flavor by adding more lime juice or salt if desired.
- Serve chilled over ice and enjoy this sparkling lime refresher!



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Recipe #4

INGREDIENTS:

- 4 oz fruit juice of choice (ex: OJ, pineapple juice, this one is really yummy) - Vitamin C
- 4 oz coconut water – Potassium (and/or ¼ tsp cream of tartar)
- ¼ tsp sea salt (sodium + trace minerals)
- ½ cup sparkling water



INSTRUCTIONS:

- In a glass, combine the coconut water, fruit juice and sparkling water.
- Add sea salt and stir until dissolved.
- Taste and adjust the flavor by adding more lime juice or salt if desired.
- Serve chilled over ice and enjoy!



Sources of Magnesium

- 1 scoop MagSoothe by Jigsaw Health (best for general support, relaxation, & sleep)
- 1 scoop magnesium citrate by Perfect Supplements (best for constipation)
- 1 scoop magnesium citrate by Pure Encapsulations (best for constipation)

A note for those with high blood pressure...

Focus on:

- potassium
- magnesium
- vitamin C

Skip the sodium!

