

DYSAUTONOMIA INTERNATIONAL



AWARENESS



ADVOCACY



ADVANCEMENT

HYDRATING SUMMER DRINKS & ICE POPS





SALTY SWEET LEMONADE



INGREDIENTS

- 1/2 lemon, juiced
- 2 - 4 tbs agave or honey, to taste
- Pinch of salt
- 12 oz sparkling water
- Mint leaves, to garnish

INSTRUCTIONS

1. Pour sparkling water into a glass.
2. Add in sweetener and salt. Mix well.
3. Squeeze the juice of half a lemon. Stir.
4. Pour the drink over ice. Add in mint leaves and garnish with lemon slice.





WATERMELON SLUSH



INGREDIENTS

- 1 cup frozen watermelon
- ½ Lime, juiced
- Pinch of salt
- Water, if needed
- Basil leaves, to garnish

INSTRUCTIONS

1. Cut watermelon into cubes and freeze for at least 4 hours.
2. Add watermelon, lime juice, and salt to blender. Blend well.
3. If slush is too thick, add water.
4. Pour in a chilled glass and garnish.





CUCUMBER GREEN TEA



INGREDIENTS

- 1 cup boiling water
- 1 green tea bag
- ½ lemon, sliced
- ½ cucumber, sliced
- Pinch of salt
- 1 tsp honey or sweetener

INSTRUCTIONS

1. Brew green tea according to tea bag instructions. Allow to steep and cool.
2. Pour tea over ice in a chilled glass.
3. Stir in salt and sweetener.
4. Add in lemon sliced and cucumber slices.
5. Allow to sit for 5 minutes before enjoying.





STRAWBERRY MARGARITA MOCKTAIL



INGREDIENTS

- 1 cup frozen strawberries
- 1 lime, juiced
- 1 orange, juiced
- 1 tbsp agave syrup
- Salt for rimming glass

INSTRUCTIONS

1. Add strawberries, orange juice, agave, and $\frac{1}{2}$ of the lime juice, to a blender. Blend well.
2. Rim the glass with lime juice and dip the rim of the glass into salt.
3. Pour margarita in glass and enjoy!





ICE POPS AND SLUSHIES

You can turn any of the drink recipes into an ice pop or slushy by freezing the liquid in ice cube trays or a freezer-safe ice pop mold.

Ideas for other ice pops:

orange juice/ginger juice/a dash of cayenne powder/salt

gatorade/electrolyte drinks

iced tea/salt/lemon

plain vanilla yogurt/peanut butter or peanut butter powder/salt/chocolate chips

mango yogurt/salt

