

Electro-Lemon-Aide

Yield:

Ingredients:

6 cups red seedless grapes
¼ lemon with the rind
1 quarter size slice of ginger

Directions:

Combine all ingredients in the order listed in a high speed blender (Vita-Mix or similar) on high for 1 minute.

Notes:

If going for a workout:

Fill your water bottles and place two or three ice cubes in each bottle.

If you will be putting the drink in a hydration pack with tubing, strain drink first to eliminate grape skin cellulose.

Grapes - antioxidants, iron, lower cholesterol, retards growth of skin cancer

Lemon - liver tonifer, helps digest food, alkalizing

Ginger - promotes circulation of energy