



ANTIOXIDANT-RICH REFRESHING DRINK

Antioxidant-
rich drinks
offer a host
of health
benefits and
taste great!



What is in an Antioxidant-Rich Drink & How Do These Ingredients Help

This antioxidant-rich drink offers a host of health benefits, making it a great addition to your diet:

- **Antioxidant Power:** Berries, particularly blueberries, strawberries, and raspberries, are rich in antioxidants such as anthocyanins and vitamin C. These compounds help neutralize free radicals in the body, which can reduce oxidative stress and inflammation.
- **Beet Benefits:** Beets are packed with essential nutrients like fiber, folate, and betaine. They also contain betalains, which have antioxidant and anti-inflammatory properties, supporting heart health and potentially lowering blood pressure.
- **Ginger's Role:** Ginger is well-known for its anti-inflammatory and digestive properties. It adds a zesty kick to the drink while providing additional antioxidant benefits.
- **Vitamin C Boost:** The lemon juice not only adds a refreshing tang but also contributes vitamin C, which is essential for immune function, skin health, and collagen production.
- **Hydration:** The water base ensures that this drink helps keep you hydrated, which is vital for overall health and well-being.
- **Natural Sweetness:** If you choose to sweeten the drink with honey or maple syrup, you add a touch of natural sweetness without relying on refined sugars.
- **Refreshing 7 Nutrient-Dense:** This antioxidant drink is not only nutritious but also delicious and refreshing, making it a perfect choice for a morning pick-me-up, a post-workout refreshment, or a mid-afternoon snack.



A simple recipe
for homemade
electrolyte
water that you
can easily
prepare.

ANTIOXIDANT-RICH REFRESHING DRINK



Antioxidant-Rich Refreshing Drink

Ingredients:

- 1 cup mixed berries (*such as blueberries, strawberries, raspberries*)
- 1 small beet, peeled and diced
- 1 inch piece of fresh ginger, peeled and grated
- Juice of 1 lemon
- 1-2 tablespoons honey or maple syrup (*optional, for sweetness*)
- 2 cups water
- Ice cubes (*optional*)

Instructions:2

- **Prepare the Ingredients:** Wash the berries thoroughly. Peel and dice the beet. Peel and grate the ginger.
- **Blend the Ingredients:** In a blender, combine the mixed berries, diced beet, grated ginger, and the juice of one lemon.
- **Add Water:** Pour in 2 cups of water.
- **Sweeten (Optional):** If desired, add 1-2 tablespoons of honey or maple syrup for sweetness.
- **Blend Until Smooth:** Blend all ingredients together until smooth and well combined.
- **Strain (Optional):** For a smoother texture, you can strain the mixture through a fine mesh sieve to remove any pulp or seeds.
- **Serve:** Pour the antioxidant drink into glasses over ice cubes, if desired. Garnish with a slice of lemon or a few fresh berries.

WHY YOU SHOULD DRINK ANTIOXIDANT-RICH DRINKS



Why You Should Drink It

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Incorporating antioxidant-rich foods and beverages like this drink into your diet can help support overall health, boost immunity, and provide a natural defense against oxidative stress. Enjoy this flavorful and beneficial drink as part of a balanced diet to reap its full rewards!