

Coconut Kefir Electrolyte Water

INGREDIENTS

- 1 Package Kefir Starter
- 1 Quart Coconut Water
- Electrolyte Concentrate
- Kombucha (or other beverage of choice)
- Lemons
- Limes

1. Start by making your coconut water kefir according to the directions on the starter package.
2. Once your kefir is ready, pour 1/2C kefir and 1/2C Kombucha (or any other beverage of choice) into jar.
3. Add 2TBS of Electrolyte Concentrate to jar and mix.
4. Serve with fresh lemon or lime.
5. Another way I like to serve this is by pouring 1C kefir into jar with 2TBS Electrolyte Concentrate and juice of 1 lime and splash of lime zest.