

CRUNCH TIME

Thirst Quenches



INGREDIENTS:

1 Glass of water
One quarter rockmelon, cut into slices
One eighth watermelon, cut into slices
One Half punnet strawberries
1 Cucumber, cut into slices
1 Lemon
2 Oranges
One quarter tsp salt
3 Tbsp honey
Small bowl crushed ice
500ml Jug of water

EQUIPMENT:

Glass
1 jug of water (500ml)
Blender
Empty glass
Chopping board
Sharp knife
Citrus juicer



METHOD:

1. Dehydration. Occurs when there isn't enough water to replace what you've lost during the day.
The simple cure is water.
2. Watery fruits are also good such as rockmelon, watermelon and strawberries.
3. And watery vegetables like cucumbers.
4. During strenuous exercise you sweat, and when you sweat you're losing electrolytes.
5. Drink sports drinks is popular to help replace the electrolytes lost
6. Or you can make your own all natural sports drink.
7. Squeeze the juice from 1 lemon and 2 oranges.
8. Place in a blender along with 500ml of water, pinch salt and 2 tbsp honey.
Blend until honey has dissolved
9. Pour into a glass with ice.



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