

Aloe and Raspberry Rehydration Drink

Serves: 4

Place all ingredients in a blender in the order listed and blend.

Ingredients

- ½ cup raspberries
- ¾ cup aloe vera juice
- ½ cup unsweetened cranberry juice
- ¼ cup fresh lime juice
- 1 TBSP honey, optional

CC's S.O.U.L. Food

Chef Chandra's Seasonal/Sustainable, Organic, Unprocessed, and Local Food

925.395.4185

info@ccsoulfood.com