

# Food Babe's Refreshing Super Hydration Juice



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	0 mins	5 mins	1

<https://foodbabe.com/homemade-sports-drink>

## Ingredients:

- 1 cup seedless watermelon, chopped
- 1 apple, cored
- ½ cucumber
- 2 stalks celery
- 1 orange, peeled
- 2 cups romaine lettuce, chopped

## Instructions:

1. Wash all fruits and vegetables and place into a large bowl.
2. Place all ingredients through your juicer.
3. Clean juicer immediately.

## Notes:

- Please choose all organic ingredients if possible