

## Electro-Lemon-Aide

Yield: 6 cups

### Ingredients:

6 cups red seedless grapes  
½ lemon with the rind  
1 quarter size slice of ginger

### Directions:

Combine all ingredients in the order listed in a high speed blender (Vita-Mix or similar) on high for 1 minute.

If you will be putting the drink in a hydration pack with tubing and you prefer your lemonaide with no grape skins, strain the juice through a “**More Than A Nut Milk Bag**” to eliminate grape skin cellulose. (see note below)

### Notes:

You can peel the lemon and ginger but it’s not necessary. There’re loads of nutrition in the skins of our fruits and veggies.

#### If going for a workout:

Fill your water bottles and place two or three ice cubes in each bottle.

#### Health Benefits:

Grapes have long been classified as a ‘low glycemic fruit’ (43-53 on the GI scale), red grapes in particular. In addition, resveratrol, a powerhouse phytonutrient present in the skins (also in seeds and flesh but not as much) has been shown to increase longevity. Also high in antioxidants, iron, helps lower cholesterol and retards growth of skin cancer.

Lemon - liver tonifer, helps digest food, alkalizing

Ginger - promotes circulation of energy