



Miracle Hydrating Drink

Serves 1

Sipping on this hydrating drink throughout the day can be very helpful to keeping blood sugar stable, avoiding energy UPS and DOWNS. Regulating your blood sugar is vital for helping anyone who wants to lose weight, improve energy and liver function, and heal a damaged metabolism.

Sip throughout the day, and/or while working out. This drink is NOT meant to be gulped or slammed down in a 2-minute sitting. Great for drinking in between meals, or during a workout and post workout.

Ingredients:

- 1 cup orange juice, pulp-free, not from concentrate
- 1 scoop collagen*
- 1 cup carbonated water (or plain water, but the CO2 from carbonated water increases oxygen availability)
- 1/8 tsp salt
- ice

Instructions:

In a 20 oz bottle, dissolve collagen in an inch of warm water. Add juice and salt. Mix well. Add ice. Lastly, add seltzer water. Shake bottle lightly or the seltzer water will make the drink fizz over.

*Collagen Peptides is the only protein powder I recommend. All other protein powders have too many negative attributes. I like [Vital Proteins](#) because it dissolves well, has little flavor, and is creamy in smoothies.

**If you're food logging, log collagen as "gelatin, dry powder, unsweetened."

Source: <http://katedeering.com/2012/12/kates-miracle-hydrating-beverage/>

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