

Laborade Recipe

This recipe should be prepared three weeks before your due time and stored in your freezer. You may want to prepare several batches in case of a long labor, or to enjoy postpartum. Its energy boosting, electrolyte balancing qualities make this drink the ideal choice for oral hydration during labor.

In a blender mix
1/3 cup fresh lemon juice
1/3 cup honey
1/4 teaspoon salt
2 calcium/magnesium tablets, crushed
3 1/2 cups water
Mix well and freeze