

Blue Salt Trick Recipe

Ingredient	Purpose & Benefits
½ tsp Persian blue salt	Rich in trace minerals that support hydration and electrolyte balance; adds a mild, savory depth.
1 ripe banana	Provides natural sweetness and creaminess, along with potassium for muscle support.
1 tsp honey	Acts as a natural sweetener; balances the saltiness and gives a gentle soothing flavor.
6–8 soaked almonds	Adds healthy fats, plant-based protein, and a nutty texture for a smooth blend.
¼ tsp cinnamon powder	A warming spice that promotes digestion and helps maintain balanced energy.
1 cup warm milk (dairy or almond)	The soothing base; use your preferred milk for comfort and creaminess.

Optional Add-Ins

Optional Ingredient	Why Add It?

<p>½ tsp ashwagandha powder</p>	<p>An adaptogen that may support stress balance and overall vitality.</p>
<p>Fresh mint leaves or a dash of lemon juice</p>	<p>Adds brightness and a refreshing contrast, especially for a chilled version.</p>

Ingredient Notes

- Always choose **authentic Persian blue salt**, not dyed or synthetic varieties.
- Limit to **½ teaspoon per serving** for balanced sodium intake.
- Soak almonds overnight (or at least 6 hours) for easier blending and digestion.
- For dairy-free options, use **unsweetened almond milk or oat milk**.
- The blend of blue salt minerals, cinnamon antioxidants, and almond nutrients makes this a **refreshing blue salt trick drink** that supports natural energy and hydration.

Step-by-Step Instructions: How to Make the Blue Salt Trick Recipe

Step 1: Warm the Milk

In a small pot, gently warm **1 cup of milk** over low heat until it's steamy but not boiling. This enhances the drink's creaminess and flavor.

Step 2: Add Ingredients to the Blender

Combine in a blender:

- 1 ripe banana
- 6–8 soaked almonds (drained)
- ¼ tsp cinnamon powder
- ½ tsp Persian blue salt
(*Optional: add ½ tsp ashwagandha powder for an extra wellness boost.*)

Step 3: Blend Until Smooth

Blend on high speed until silky and uniform. Add a splash of milk if you prefer a lighter texture.

Step 4: Add Honey & Blend Again

Pour in **1 tsp honey** and blend briefly to mix the sweetness evenly.

Step 5: Pour & Serve

Serve warm in a mug or chilled over ice. For a refreshing finish, garnish with **mint leaves** or a **drop of lemon juice**.