

# LMNT CHOCOLATE MEDLEY RECIPES



ENJOY  
HOT!



## **MORE SALT, NOT LESS.**

Electrolytes, particularly sodium and potassium, are the driving force behind energy production in our cells, nerves, and muscles. But many of us have yet to unlock their full benefits.

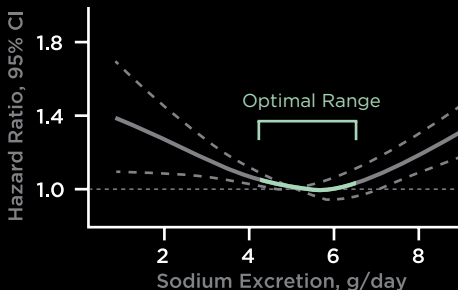
A growing body of research reveals that optimal health outcomes occur at sodium levels 2-3x government recommendations. That's why we say, **More Salt, Not Less.**

Optimal hydration doesn't just mean more fluids, it means getting the right electrolyte **balance** — dilute that balance, and fatigue follows. You feel the difference when you get it right.

We hope LMNT can do as much for you as it has for us. Welcome to the Salty Rebellion.

**- Team LMNT**

## GUIDED BY SCIENCE.



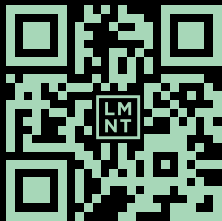
Government  
Recommendation

<2.3 g daily

Science-Backed  
Recommendation

4-6 g daily

*Sodium & Potassium Excretion, Risk for Cardiovascular Events; JAMA 2011;1729*



## BUILT FOR YOU.

We all have our unique health needs. Visit [drinklmnt.com/quiz](https://drinklmnt.com/quiz) to see how LMNT can help you feel your best.

# HOW TO #STAYSALTY

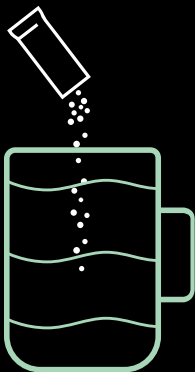
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**MIX 1  
STICK  
PACK  
WITH HOT  
OR COLD  
WATER**

**32oz  
SALTY**

**24oz  
SALTIER**

**16oz  
SALTIEST**



**KICKSTART  
YOUR DAY**



**POWER YOUR  
WORKOUTS**



**SUPPORT  
HEALTHY FASTING**



**ULTIMATE TRAVEL  
COMPANION**


Mix 1 stick pack with anywhere from 16 to 32 oz of cold or hot water to find your taste. You'll get the hang of it pretty quickly.

LMNT is formulated to complement your mineral intake from a minimally processed, whole foods diet.



**CHOCOLATE  
MEDLEY  
RECIPE  
INSPIRATION**





Designed to be enjoyed hot and swirled into your favorite recipes, the Chocolate Medley invites you to bring the heat so you can Stay Salty all winter long.

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## **STAY SALTY COFFEE**

Salt softens bitterness to bring out coffee's natural sweetness — and add an extra pep to your step. Elevate your morning coffee routine with any of our Chocolate flavors.

1/2 -1 stick pack LMNT Chocolate of choice

14-16 oz of coffee

Start with 1/2 a stick and dial up to taste with Chocolate Salt, Chocolate Caramel, or any of our Chocolate Medley flavors.



## RASPBERRY HOT CHOCOLATE

Chocolate brings out Raspberry's cozier side. Sometimes the unexpected is the most delightful.

1 stick pack LMNT Chocolate Raspberry\*

14-16 oz hot water or milk of choice

\*Out of LMNT Chocolate Raspberry? Make it your own with  $\frac{2}{3}$  Chocolate Salt and  $\frac{1}{3}$  Raspberry Salt.

*Garnish with dried raspberries and shaved chocolate*



## PEPPERMINT MOCHA

You don't need sugar to enjoy this wintertime favorite.

1 stick pack LMNT Chocolate Mint

13-15 oz hot water or milk of choice

2 oz espresso

*Garnish with dark chocolate shavings and fresh mint*









## CHOCOLATE MINT PROTEIN SHAKE

Health is adaptable. So is the Chocolate Medley.  
Swap in your favorite ingredients and make it your own.

1/2 stick pack LMNT Chocolate Mint

1 banana

1 cup fresh spinach

1 tbsp coconut butter

1 cup milk of choice

1 scoop protein powder of choice

Ice as needed for desired consistency

*Garnish with fresh mint*

## CHOCOLATE CHAI

Spice up your winter and give this one a chai.

1 stick pack LMNT Chocolate Chai

12-14 oz hot water

2 oz milk of choice

*Garnish with cinnamon stick or ground cinnamon*



## CHOCOLATE RASPBERRY FROZEN YOGURT BITES

Simple and salty ingredients make healthy snacking for the whole family.

1 pint raspberries

1 cup whole fat Greek yogurt

1 cup dark chocolate chips

1 stick pack LMNT

Chocolate Raspberry

Mix raspberries and yogurt. Spoon onto parchment-lined cookie sheet. Freeze 4 hours. Melt chocolate chips and stir in LMNT. Dip frozen yogurt bites into chocolate. Freeze until ready to serve.



## LEVEL UP

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Get your favorite flavors and unlock the best value (and some salty perks) with the LMNT INSIDER Bundle. It's the surest way to Stay Salty.

**BUY 3 BOXES, GET A BONUS BOX!**

## FIND YOUR FLAVOR

CITRUS SALT

RASPBERRY SALT

RAW UNFLAVORED

ORANGE SALT

WATERMELON SALT

GRAPEFRUIT SALT

MANGO CHILI

CHOCOLATE SALT

CHOCOLATE CARAMEL





**LMNT**

ELECTROLYTE  
DRINK MIX

1000 mg  
SODIUM

200 mg  
POTASSIUM

60 mg  
MAGNESIUM

CHOCOLATE SALT

**LMNT**

ELECTROLYTE  
DRINK MIX

1000 mg  
SODIUM

200 mg  
POTASSIUM

60 mg  
MAGNESIUM

CITRUS SALT

**LMNT**

ELECTROLYTE  
DRINK MIX

1000 mg  
SODIUM

200 mg  
POTASSIUM

60 mg  
MAGNESIUM

BERRY LEMONADE

**LMNT**

ELECTROLYTE  
DRINK MIX

1000 mg  
SODIUM

200 mg  
POTASSIUM

60 mg  
MAGNESIUM

CITRUS LEMONADE

HEALTH THROUGH HYDRATION



How are you enjoying the Chocolate Medley? Find your recipes and enjoy hot. You feel the difference when you get it right.

Send us your best recipes (with photos!) and we'll feature our favorites. Who knows — you might just inspire our next recipe spread!

[recipes.drinkLMNT.com](https://recipes.drinkLMNT.com)



**#STAYSALTY**  
**@DrinkLMNT**



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