

Homemade Sports Drink

Serving 1 quart
Prep time: 2 minutes

¼ cup sugar
¼ teaspoon salt
¼ hot water
¼ orange juice (not from concentrate)
2 tablespoons of lemon juice (for taste)
3 ½ cups cold water

Dissolve the sugar, and salt in the hot water and follow with the orange juice and cold water. Chill until ready

Variations

Some people use honey as a sweetener instead of lemon juice. Also, instead of orange juice, try using apple, cranberry, pineapple, or even mango juice to vary the electrolyte content.

From Nancy Clark's Sports Nutrition Guidebook

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