

HOMEMADE SPORTS DRINK

Makes: 1 quart
Serving size: 8 ounces
Prep time: 2 minutes

1/4 cup sugar
1/4 teaspoon salt
1/4 hot water
1/4 orange juice (not from concentrate)
2 tablespoons of lemon juice (for taste)
3 1/2 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