

Homemade Sports Drinks (under \$10 for two servings)

Ingredients

Orange:

- 1 cup of orange juice (fresh squeezed or store-bought)
- 2 tbsp granulated sugar
- ¼ tsp table salt
- ¼ cup of lemon juice (about 1 lemon, squeezed)
- 3 cups of water



Coconut Lime*:

- ½ cup of coconut water
- 3 tbsp granulated sugar
- ¼ tsp table salt
- ¼ cup lime juice (about 2 limes, squeezed)
- 3 ½ cups of water

Making it

1. Choose your flavour. *If you have been recommended a low potassium diet, choose the coconut lime flavour, which has a lower potassium content.
2. Put all ingredients into a water bottle and shake until salt and sugar are fully dissolved.

NUTRITION FACTS

Servings: 1

PER SERVING (orange, coconut)

Calories (kcal): 224, 184

Fat (g): 0, 0

Carbohydrate (g): 56, 47

Fibre (g): 0.5, ?

Protein (g): 2, 1

TIPS & HINTS

You can swap out the granulated sugar for your favorite liquid sweetener such as honey or maple syrup but don't forgo the sugar altogether – carbs are an essential part of any sports drink.