

Hydration Recipes

Homemade Sports Drink Recipe

Ingredients:

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

Preparation:

1. In the bottom of a pitcher, dissolve the sugar and salt in the hot water.
2. Add the juices (orange and lemon) and the remaining water; chill
3. Enjoy at practice!

Nutrition Information: 200 kcals total. 50 kcals, 12 gm carbohydrates, 110mg sodium per 8 ounces



Maple Sports Drink

Ingredients:

- 3 ¾ cups cold water
- ¼ cup pure maple syrup
- ¼ teaspoon salt

Preparation:

1. Mix all ingredients together in a 1-quart (1 liter) bottle
2. Shake well and enjoy!

Source: Nancy Clark's Sports Nutrition Guidebook, Fifth Edition by Nancy Clark, MS, RD

Lime Boost Sports Drink

Ingredients:

- 2 cups lime juice
- 1 cup sugar
- ¼ teaspoon sea salt

Preparation:

1. Combine lime juice and sugar in saucepan over low heat. Stir until sugar dissolves; let cool.
2. Pour into glass jar; store in refrigerator.
3. To make sports drink, add 2 tablespoons of Lime Boost to 1 quart of water

Source: Feeding the Young Athlete, Sports Nutrition Made Easy for Players, Parents and Coaches by Cynthia Lair.