

## Recipe #1

Preparation time: 5 minutes

Servings: 4 cups

Cost: \$

### Nancy Clark's Homemade Sports Drink - Orange

¼ cup sugar  
 ¼ tsp. salt  
 ¼ cup hot water  
 ¼ cup Minute Maid Pure Squeezed Some Pulp Orange Juice  
 2 Tbsp. lemon juice  
 3 ½ cups cold water

### Directions

In the bottom of the pitcher dissolve the salt and hot water. Add remaining juices and water, chill.

*Recipe from Nancy Clark's Sport Nutrition Guidebook*

## Recipe #2

Preparation time: 5 minutes

Servings: 3 cups

Cost: \$

### Pineapple Coconut Sports Drink

1 cup water  
 1 cup Minute Maid Pineapple Orange Juice  
 1 cup coconut water  
 1/8 tsp. salt

### Directions

Pour all ingredients into a pitcher, stir or shake to dissolve salt, chill.

*Recipe from <http://blog.foodnetwork.com/healthyeats/2014/07/07/how-to-make-your-own-delicious-sports-drink/>*



### Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Orange/Pineapple	
Amount	1 cup
Calories	50/56
Fat (g)	0/0
Sat. Fat (g)	0/0
Carb. (g)	12/14
Fiber (g)	0/0
Sodium (mg)	110/112
Gluten Free, Vegan.	

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## Cooking Tip

You can be creative when making your own sports drink and dilute many combinations of juices (such as cranberry + lemonade) to 50 calories per 8 ounces and add ¼ tsp of salt per 1 quart of liquid. Make sure to test your recipe during training before an important event. This will give you time to tweak the recipe for your own personal taste preferences!

## Performance Facts

The nutritional profile of commercial sports drinks is about 50-70 calories per 8 ounces, with about 110 milligrams of sodium. Homemade sports drinks can offer the same nutritional profile at a much lower cost. The strength of homemade sports drinks is that they can also be personalized for “salty sweaters” by adding a higher concentration of sodium.