

Homemade Sports Drink – Nancy Clark, MS, RD, CSSD

¼ cup sugar

¼ teaspoon salt

¼ cup hot water

¼ cup orange juice (not concentrate) plus 2 tablespoons lemon juice

3 ½ cups cold water

- In the bottom of a pitcher, dissolve the sugar and salt in the hot water.
- Add the juice and the remaining water; chill.

Nutrition information: 8 ounces provides 50 calories, 12 g carb, 110 mg sodium