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, 7
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.