

3 Homemade Sports Drink Recipes

Make a simple sports drink from scratch.
No additives.

Save money and stay hydrated!

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Orange Sports Drink



Combine 4 ounces of 100% orange juice with 8 ounces of coconut water and a pinch of salt.

Lemon Sports Drink



Combine juice of 1/2 a lemon with 12 ounces of coconut water, a drizzle of honey (about 1 teaspoon) and a pinch of salt (1/4 teaspoon or less).

Strawberry Sports Drink



Combine 3-4 frozen strawberries, 12 ounces of coconut water, a drizzle of honey (1 teaspoon) and a pinch of salt (1/4 teaspoon). Infuse overnight for best taste!

Recipe For Homemade Sports Drink

Marco Cascella



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