3 Homemade Sports Drink Recipes

Make a simple sports drink from scratch.

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Orange Sports Drink



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

J Rink

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