

3 Homemade Sports Drink Recipes

Make a simple sports drink from scratch.
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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

Jessica J Manson



Recipe For Homemade Sports Drink:

Recipe For Homemade Sports Drink Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Recipe For Homemade Sports Drink**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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