

Homemade Citrus Sports Drink

2 Tbsp sugar
1/8 tsp salt
2 Tbsp boiling water
2 Tbsp orange juice
1 Tbsp lemon juice
1 3/4 cup cold water

Combine the sugar and salt in a bowl. Add boiling water and stir until sugar and salt dissolve. Stir in remaining ingredients and chill until needed.

Makes 500 ml (2 cups)

Tip: Other fruit juices can be used instead of orange juice (eg cranberry, grape, pomegranate).

Tip: If you're looking for beverages and snacks to keep you hydrated and energized during training and competition, remember to experiment during practice. Don't wait till your big event to try something new.

Adapted from Nancy Clark's Sports Nutrition Guidebook, Nancy Clark MS, RD
<http://www.nancyclarkrd.com>