

Lemon Sports Drink



This beverage is an ideal option to consume during workouts lasting more than 60-75 minutes. It contains an optimal carbohydrate ratio (6%) to provide energy without causing digestive issues and supplies electrolytes to replace those lost through sweating.

Preparation 2 min

Cooking 0 min

Servings 1

Nutrition Facts (per serving)

Calories 130

Fat 0

Carbohydrates 32

Fibre 0

Protein 0

Sodium 285

Ingredients

- 250 ml (1 cup) of lemonade
- 250 ml (1 cup) of water
- 1 pinch of salt (1/8 tsp)

1. Mix all the ingredients in a bottle (you can simply fill the bottle with equal amounts of water and juice without measuring).
2. Add ice cubes to keep the mixture nice and cold.

Notes

Can be kept for 5 days. Do not freeze.



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