

Homemade Sports Drink



Engaging in intense or prolonged physical activities demands more than just hydration from our bodies. That's where our homemade sports drink comes into play, crafted to support your body before, during, or after exertion!

When is it appropriate to consume this sports drink?

- 15 to 30 minutes **before exercising**: to pre-hydrate and provide energy to the body.
- **During efforts** lasting more than 60 minutes: to maintain hydration, replenish electrolytes lost through sweat, and provide a continuous energy source. Helping you go faster, further, longer!
- **After exercising**, if you have another training session in the following hours: to rehydrate and refill the muscle's glycogen (energy) stores.

Made with simple yet effective ingredients, this drink is much more economical compared to commercial ones and can be customized according to your needs and tastes. Follow our recipe to prepare a drink that will accompany you in your sports challenges, while being delicious and refreshing!

*This recipe has an osmolality of 410 mmol/L (410 mOsm/L)

Preparation 5 min

Cooking 0 min

Servings 1

Nutrition Facts (per serving)

Calories 180

Fat 0

Carbohydrates 49

Ingredients

- 500 ml (2 cups) of water
- 125 ml (½ cup) of 100% pure fruit juice, of choice*
- 30 ml (2 tbsp) of honey or maple syrup*
- 30 ml (2 tbsp) of lemon juice
- 1 ml (¼ tsp) of salt

Preparation

1. In a large bottle with a capacity of at least 0.8 L, mix all the ingredients.

Notes

Keeps for about 7 days in the refrigerator, in an airtight container. Can be frozen in ice cube trays for a quick drink on the go during busy times!

- Apple, orange, or cranberry juice are often very popular choices.
- For a vegan version, choose maple syrup.
- This basic recipe suits the majority of athletes. However, for an optimal drink tailored as an athlete, consult your nutritionist to adjust the carbohydrate quantities according to your needs!



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