

Coffee Sports Gel



This energy gel for athletes, combining the benefits of coffee and carbohydrates, is the ideal companion during long training sessions. Convenient and easy to carry, it provides an energy boost wherever you are.

Preparation 5 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 130

Fat 0

Carbohydrates 33

Fibre 0

Protein 0

Sodium 100

Ingredients

- 60 ml (¼ cup) maple syrup
- 30 ml (2 tbsp) espresso
- 30 ml (2 tbsp) honey
- 1 ml (¼ tsp) salt

1. In a bowl, mix all the ingredients together until you achieve a smooth consistency.
2. Pour the mixture into small individual containers or into a suitable container.
3. Refrigerate for at least 1 hour before using.

Notes

Keeps for 1 week in the refrigerator.



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