



## Home made energy drinks

How to Make Your Own Sports Drink Sports drinks delay fatigue and enhance performance by preventing a fall in blood sugar and minimising the effects of dehydration. Know what you are putting in your body and save cash! The ingredients below are for the basic drink and in the instructions you will see other variations.

**Serves: 2, Prep time: 00:05, Cook time: -**

## Instructions

### Shake-and-Go Recipes

These recipes below offer the easiest and quickest mixes. Just fill up your bottle with water, add the other ingredients, shake well, and go! Feel free to adjust the sweetness and saltiness to your liking or needs.

#### Short & Sweet

The most basic of the bunch, you can use this recipe on it's own or as a base to get creative with your own concoction.

- bottle of water
- 5 tablespoons sugar
- 1/4 teaspoon salt

#### Lemon-Lime Delight

With a minute of preparation the night before, you can have a tasty sports drink base ready to roll when you are, Infuse water with any fruit flavour you prefer by slicing the fruit into a pitcher of water and letting it sit overnight, Citrus fruits such as lemons and limes provide a refreshing flavour boost for any season.

- Bottle of lemon and lime infused water

## Ingredients

- 1000 milliliters Water (34 oz (U.S.))
- 60-80 grams Sugar, white
- 0.5 teaspoon salt

- 5 tablespoons sugar
- 1/4 teaspoon salt

#### Tropical Blend

- 2 1/2 cups water
- 1 cup coconut water (good for extra potassium)
- 1/4 cup sugar
- 1/4 teaspoon salt

Makes about 30 ounces

#### Taste of Honey

- 3 1/2 cups water
- 1/4&nbsp;teaspoon salt
- 2 tablespoons sugar and 1 tablespoon honey
- 1/4 cup pineapple juice

Makes about 30 ounces

If you add less than 60g of sugar it might not be enough to prevent the drop in blood glucose. If you add more than 80g of table sugar you'll start to delay fluid absorption. This means the fluid takes longer to get to where it needs to be &mdash; the blood and the muscles &mdash; and will not be as effective at staving off dehydration.

More than 80g of table sugar also increases the likelihood of stomach upsets, particularly if you are running soon afterwards.

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