



Homemade Gatorade

1 serving
2 minutes

Ingredients

- 1 cup Orange Juice (or any real fruit juice, no sugar added)
- 1 tbsp Raw Honey (or maple syrup)
- 1/8 tsp Sea Salt
- 2 cups Water

Nutrition

Amount per serving	
Calories	172
Fat	1g
Saturated	0g
Carbs	43g
Fiber	1g
Sugar	37g
Protein	2g
Cholesterol	0mg
Sodium	307mg

Directions

- 1 Mix all ingredients together well in shaker cup.

Notes

Add-ons for an extra boost: Put your BCAAs, coconut water, or Emergen C immunity-boosting powder in your homemade gatorade too! Other great additions include anti-inflammatory ginger or turmeric spice.

Real is always better!: Natural sweeteners like fruit, honey and maple syrup provides the same glucose (sugar), and sea salt and coconut water provide the same naturally occurring electrolytes as store-bought sports drinks - without the artificial ingredients.

Comparison: More electrolytes & vitamin C!: STORE-BOUGHT GATORADE, 591 ml bottle (2.5 cup serving): 140 calories, 36g carbs, 34g sugars, 270mg sodium, 80mg potassium, 6mg calcium, 61mg phosphorous, 0mg magnesium, 2.4mg vitamin C. **HOMEMADE GATORADE** (same serving size): 172 calories, 45g carbs, 37g sugars (all naturally occurring), 1g fibre, 2g protein, 307mg sodium, 380mg potassium, 21mg calcium, 28mg phosphorous, 25mg magnesium, 100mg vitamin C.