

## SPORT DRINK RECIPE

875 ml (3 ½ cups) cold water

60 ml (1/4 cup) orange juice

60 ml (1/4 cup) pure maple syrup

30 ml (2 tablespoons) lime juice

1 ml (1/4 teaspoon) salt

Servings – 2 portions

OR

3 tablespoons frozen juice mix

1/8-1/4 teaspoon salt

500 ml water

*Thank you to the Nutrition Team at the Canadian Sport Institute for providing!*