**Homemade Sports Drink**

¼ cup sugar

¼ cup hot water

¼ cup orange juice (not from concentrate)

2 Tbsp lemon juice

¼ tsp salt

3 ½ cups cold water

Dissolve sugar and salt in hot water in the bottom of a pitcher.

Add juice and remaining water. Chill. Yields approx 1 L

From Nancy Clark’s Sports Nutrition Guidebook

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