

Natural Sports Nutrition Beverage

Makes four 8-ounce servings

Recipe from: [Pure Canada Maple Syrup Website](#)

Nutrition profile almost identical to Gatorade, but with natural ingredients

Ingredients

3 ½ cups cold water

¼ cup fresh orange juice

¼ cup pure maple syrup

2 Tablespoons fresh lime juice

⅛ teaspoon sea salt (add ¼ teaspoon if you are a salty sweater)

Directions

Mix all ingredients together until salt is dissolved. Keep refrigerated if you make it in advance.

Nutrition Information per 8 ounce Serving: 60 calories, 15 g carbohydrate, 0 g protein, 0 g fat, 0 g fiber, 75 mg sodium, 115 mg potassium

