



# Homemade Sports Drink

**Servings:** 16 (1 gallon)

**Serving Size:** 1 cup

## Ingredients:

- 1 6-ounce can frozen concentrate orange juice (follow instructions on can)
- 2 Tablespoons lemon juice
- 1 Tablespoon lime juice
- 3/4 teaspoon salt
- Water

## Directions:

1. Mix all ingredients, adding enough water to equal one gallon.
2. Refrigerate and use as a refreshment in the coming week.
3. **OPTIONAL** Try this even easier recipe: 1 cup of orange juice, 1 cup of water and a pinch of salt.

## Nutrition Facts

Serving Size 1 cup  
Servings Per Container 16

Amount Per Serving

Calories 15      Calories from Fat 0

**Total Fat** 0g      % Daily Value\*

Saturated Fat 0g      0%

Trans Fat 0g

**Cholesterol** 0mg      0%

**Sodium** 110mg      5%

**Total Carbohydrate** 4g      1%

Dietary Fiber 0g      0%

Sugars 4g

**Protein** 0g

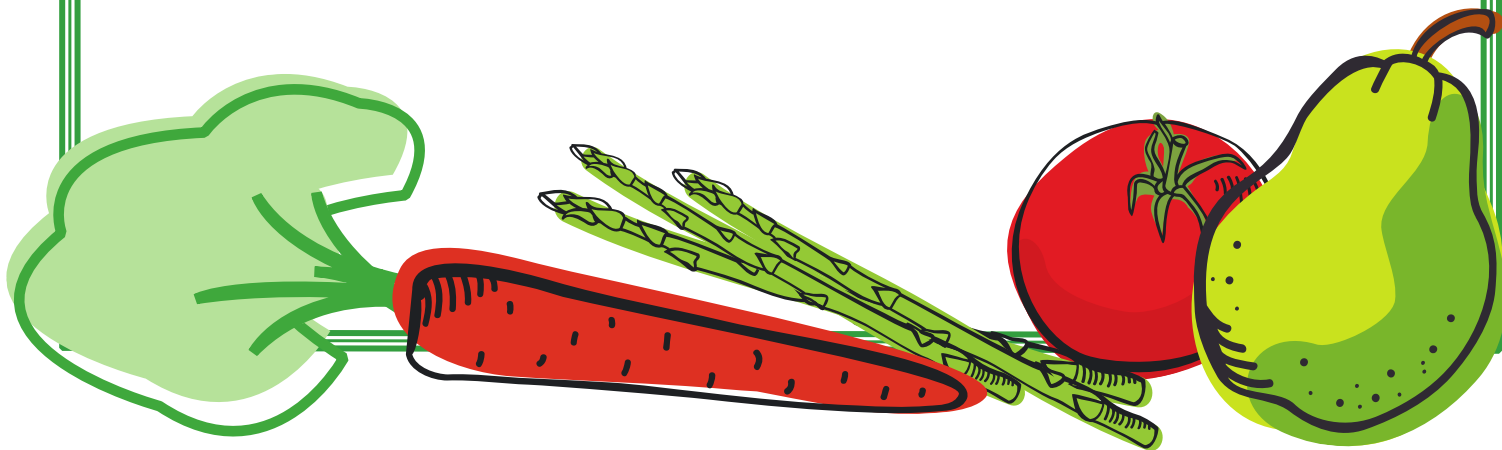
Vitamin A 0%      •      Vitamin C 20%

Calcium 0%      •      Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



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