Recipe

Homemade Sports Drink

UTENSILS
1 gallon container
Measuring cups/spoons (liquid)
Mixing spoons
Can opener

INGREDIENTS
1 6-ounce can frozen concentrated orange juice (follow instructions on can)
2 tablespoons lemon juice
1 tablespoon lime juice
3/4 teaspoon salt
Water

DIRECTIONS
Mix all ingredients to equal one gallon. Refrigerate and use as a refreshment in the coming week.

OPTIONAL
Try this even easier recipe: 1 cup of orange juice, 1 cup of water and a pinch of salt.