

Handout for Chapter 3, Lesson 7: Energy Drinks And Foods

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.