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**Sports Drinks**

**Ingredients:**

1 serving

Ciderade (on cold days)

 1 ¾ cup water

 1 ¼ cup pure apple cider

 ¼ tsp cinnamon

 1/8 + 1/16 teaspoon salt

Minty Pomegranate

 2 cups brewer unsweet mint tea (store bought or made)

 1 cup pomegranate juice

 1 tbsp fresh lemon juice

 1/8 tsp + 1/16 tsp salt.

Maple Orange

 2 cups water

 1 cup pulp free juice

 2 tbsp pure maple syrup

 1/8 tsp salt + 1/16 tsp salt

**Directions:**

1. Combined all ingredients in a bottle and shake well.
2. Enjoy!

A well-designed sports drink should include a mix a fluid, fast digesting carbohydrates and electrolytes to keep you going. These combos fill a 24oz or 3 cup bottle. No more than 5% carbohydrate concentration or help maximize stomach emptying and intestinal absorption. These are a little lower on salt, but you can always add more depending on how heavy of a salt sweater you are.