

FUEL UP FOR YOUR BEST PERFORMANCE ENERGIZE YOUR WORKOUT AND RECOVER QUICKLY

DIY Sports Drinks

Skip the brand name sports drinks and try making your own! Sports drinks made with whole foods provide energy and electrolytes to fuel your best performance.

Tropical Matcha Buzz • PRE-WORKOUT ENERGY DRINK

Makes 2 servings • 1 serving = 8 ounces

- 1-1/2 cups water
- 1/2 ounce pineapple juice
- 2 teaspoons lemon juice
- 2-1/2 cups soy milk
- 2-1/2 teaspoons honey
- Pinch of salt
- 1 teaspoon matcha tea powder

Combine water, pineapple juice, lemon juice, and soy milk in a small saucepan until just simmering. Add honey and pinch of salt and heat until combined. Add matcha tea powder and whisk until well combined. Cool and enjoy 30 minutes before medium- to high-intensity workout.

Java Buzz Gel • DURING WORKOUT ENERGY GEL

Makes 1 serving

- 2-1/2 teaspoons honey
- 1 teaspoon cocoa powder
- Pinch of salt
- 1 teaspoon instant coffee (with or without caffeine)

Mix all ingredients together in a small bowl and whisk until well combined. Store in a 2 ounce reusable pouch until ready to use. Enjoy during high-intensity workouts for a boost of energy and electrolytes.

Coconut-Cranberry Refresher • POST-WORKOUT RECOVERY

Makes 2 servings • 1 serving = 8 ounces

- 6-1/2 ounces unsweetened coconut water
- 2/3 cups water
- 3 tablespoons cranberry juice
- 2-1/2 teaspoons honey
- Pinch of salt

Mix all ingredients together until well combined in a bowl with a whisk or in a drink shaker. Chill and enjoy within 30 minutes of a medium- to high-intensity workout to rehydrate and replenish electrolytes.