

Homemade, All-Natural Sports Drink with Electrolytes {Copycat Gatorade}

Quench your thirst, hydrate your body, and replenish electrolytes with this easy-to-make Homemade, All-Natural Sports Drink...without the processed ingredients, artificial sweeteners, and food dye found in store-bought Gatorade!

Prep Time 10 minutes

Cook Time 0 minutes

Total Time 10 minutes

Servings 8 (8-ounce) servings (2 quarts total)

Calories 48kcal

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Ingredients

- 3 cups 100% pure coconut water
- 1 cup 100% fruit juice
- 2 tablespoons honey
- 1/4 teaspoon sea salt such as RealSalt
- 4 cups water
- 2 to 3 teaspoons fresh lemon or lime juice optional

Instructions

- In a 2-quart pitcher, combine the coconut water and fruit juice. Stir in the honey and sea salt until completely dissolved. Stir in the water and add the lemon or lime juice, to taste, if desired. Serve chilled.

Notes

- This homemade sport drink has a mild fruit flavor, and it is not as sweet as Gatorade or other store-bought sports drinks. If you prefer a sweeter drink, you may adjust the sweetness to taste (after combining all of the ingredients) by gradually stirring in additional fruit juice (up to 1 cup) and/or honey (up to 1 tablespoon) until the flavor is to your liking.
- To wean my kids off of overly-sweet store-bought sports drinks, I started out making this recipe on the sweeter side (I doubled the fruit juice and added extra honey). Then I added slightly less fruit juice and honey each subsequent time I made it until I was eventually at the proportions called for in this recipe.
- If you'd like to keep a smaller pitcher or container in the fridge, you may mix together all of the ingredients **except** the water. Then when you're ready to serve, fill a glass halfway with the homemade sports drink "concentrate," and then fill the remaining half of the glass with cold water.

Nutrition

Calories: 48kcal | Carbohydrates: 11g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Sodium: 175mg | Potassium: 256mg | Fiber: 1g | Sugar: 10g | Vitamin C: 3mg | Calcium: 28mg | Iron: 1mg

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