

Homemade Sports Drink



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Skip the artificial colors and preservatives (and plastic bottles)
Make this 6% Carbohydrate solution knowing exactly what goes into it.

1 Quart

1/4 cup cane sugar
1/4 teaspoon salt
1/4 cup 100% juice*
2 cups boiling water
2 cups cold water

1. Boil water, add sugar and salt, stir to dissolve
2. Add juice and the remaining water
3. Chill & pour into water bottles

*Try orange or lemon
Do not use unfiltered apple juice.

Lime Boost Sports Drink



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Add this boost to your water bottle to give that little extra zip that will also make sure your drink more! Recipe by Cythina Lair

1 Quart

16 ounces (2 cups) lime juice
1 cup sugar
1/8 teaspoon salt
4 cups water

1. Put lime juice and sugar in pan over low heat. Let mixture warm until it thickens slightly and all sugar is dissolved (about 10 minutes)
2. Remove from heat and let cool
3. Pour into clean jar with lid and store in refrigerator

To make sports drink, add salt and 2 tablespoons of Lime Boost to 1 quart of water.

Fresh Lemonade



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Lemonade can be so refreshing! But store bought and mixes usually have unwanted ingredients. Double & triple the batch to fill the cooler dispenser.

2 Quarts

2 cups water

$\frac{3}{4}$ cup fresh lemon juice

$\frac{1}{2}$ cup cane sugar

2 teaspoons lemon zest, minced

$1\frac{1}{2}(+)$ quarts of additional water

1. Bring water to boil. Add lemon juice, sugar and zest. Lower heat and simmer until sugar is dissolved (about 10 minutes)
2. Remove from heat and let cool
3. Pour into a large pitcher and add enough water to bring the amount up to 2 quarts

Fill sports bottles, Pour in Glasses, or Fill up the cooler dispenser

Homemade Ginger ale



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Help calm that upset stomach, without all the added high fructose corn syrup. This one is not very fizzy. To increase the fizz add more mineral water.

1 Quart

2 Tbs fresh grated ginger
2 lemon peels
3 to 4 Tbs honey (to taste)
2 cups boiling water
2 cups mineral water

1. Put the grated ginger, lemon peels, and honey in water and bring to a boil
2. Turn off heat and let steep for at least 5 minutes
3. Strain into a glass pitcher and let cool

When ready to drink, add mineral water

Warm Up



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This soothing drink will warm you up and calm inflammation at the same time! Perfect for chilly weather! Use any milk you prefer.

Recipe adapted from Lisa Markley, MS, RDN

1 Quart

4 cups unsweetened coconut* milk
1 Tbs honey or pure maple syrup
1 teaspoon ground turmeric
1 teaspoon ground cinnamon
1 teaspoon grated fresh ginger or
1/4 to 1/2 teaspoon ground ginger
Dash of black pepper

*try cashew, almond, flax, or hemp milk

1. Place all ingredients in a pot and bring to a gentle boil while whisking until spices are well incorporated.
2. Reduce heat and simmer for 5 minutes
3. Whisk again (may strain if desired), pour, and serve

Fill the thermos for the hill or outdoor adventure.

Place leftovers in a glass jar with a lid in the refrigerator for 3 to 4 days, and reheat on the stove or shake well and serve chilled.

Heat-lytes



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Out on the snow, store bought chicken broth or bouillon cubes will be warming. You can make your own broth with some added nutrients!

3 Quarts

1-2lbs chicken bones or chicken carcass

1 sm onion roughly chopped

4 cloves garlic, smashed

2 carrots, roughly chopped

2 stalks celery roughly chopped

1 bunch fresh parsley

1 bay leaf

1 (4-inch) strip of kombu (optional)

1 Tablespoon sea salt

1 teaspoon peppercorns

1-2 Tablespoons apple cider vinegar

12 cups water

1. Place ingredients in a large pot and fill with water
2. Add apple cider vinegar
3. Bring to a boil. Reduce heat and simmer on low for 4 to 24 hours
4. Remove from heat and let cool
5. Strain into another large pot
6. Transfer to quart sized mason jars

Fill the thermos for the hill or outdoor adventure.

****To freeze, make sure to leave some room at the top of the jar for expansion, and do not tighten the lid until frozen**