



home made sports gels/drinks

Home-made sports drinks are becoming a popular idea as people try to avoid high fructose corn syrup and food colourings. Not always as scientific in their recipes, especially with sodium content but they are easy to make and very inexpensive. Below is a basic recipe giving a 6% solution (6 grams per 100ml of fluid)

- **Maple syrup 4 tablespoons (approximately 60 grams of carb or a 6% solution)**
- **1 Litre of water (start with warm water as it is easier to dilute ingredients)**
- **450mg Salt/Sea (this is approximately the level of sodium in a Gatorade)**

Other options would be to replace the maple syrup with ONE of the following

- **4 tablespoons of honey or rice malt syrup**
- **60 grams' pure glucose**
- **500 ml of fruit juice plus 500ml of water**
- **2.5 tablespoons of glucose (40 grams CHO) plus 240 ml of fruit juice (this = a 2:1 glucose: fructose solution for optimum absorption)**

Sports gel with MCT oil

This is lower in fructose and contains 20 grams of carb and 5 grams of fat

You could drop out the MCT if you don't want any fat in it

2 teaspoons rice malt syrup (or use honey or maple syrup)

1 teaspoon MCT oil

¼ cup of raspberries or blueberries (fresh or frozen)

Juice of ¼ lemon (or lime)

Pinch of sea salt, more if you want

A little hot water to blend, put all into blender and then put through a strainer to get rid of seeds and pulp from berries

Put into gel flask

Keep in fridge until use or freeze in small ziplock packets

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