

Recipe: Natural Sports Drink

Natural Sports Drink

Number of Servings: 1 (1050.65 g per serving)

Weight: 1050.65 g

Recipe

Item Name	Quantity	Measure
Water, tap	1	Quart
Salt, table	1/4	Teaspoon
Multi Mineral, calcium magnesium zinc	1	Each
Juice, grape	1/4	Cup
Honey, dark	2	Tablespoon

Nutrients

Nutrients	Per Servi...	Nutrients	Per Servi...
Basic Components		Biotin (mcg)	0
Gram Weight (g)	1050.65	Vitamin C (mg)	0.21
Calories (kcal)	165.18	Vitamin D - IU (IU)	0
Calories from Fat (kcal)	0	Vitamin D - mcg (mcg)	0
Calories from SatFat (kcal)	0	Vitamin E - Alpha-Toco (mg)	0
Protein (g)	0.29	Folate (mcg)	4.20
Carbohydrates (g)	43.52	Folate, DFE (mcg)	4.20
Dietary Fiber (g)	0	Vitamin K (mcg)	0
Soluble Fiber (g)	0	Pantothenic Acid (mg)	0.10
Total Sugars (g)	41.42	Minerals	
Monosaccharides (g)	0	Calcium (mg)	64.12
Disaccharides (g)	0	Chromium (mcg)	0.02
Other Carbs (g)	2.10	Copper (mg)	0.12
Fat (g)	0	Fluoride (mg)	0.68
Saturated Fat (g)	0	Iodine (mcg)	0
Mono Fat (g)	0	Iron (mg)	0.11
Poly Fat (g)	0	Magnesium (mg)	23.64
Trans Fatty Acid (g)	0	Manganese (mg)	0.06
Cholesterol (mg)	0	Molybdenum (mcg)	0

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Nutrients cont.

Nutrients	Per Servi...	Nutrients	Per Servi...
Water (g)	1003.67	Phosphorus (mg)	2.10
Vitamins		Potassium (mg)	21.12
Vitamin A - IU (IU)	0	Selenium (mcg)	0.01
Vitamin A - RAE (RAE)	0	Sodium (mg)	622.99
Carotenoid RE (RE)	0	Zinc (mg)	0.66
Retinol RE (RE)	0	Other Fats	
Beta-Carotene (mcg)	0	Omega 3 Fatty Acid (g)	0
Vitamin B1 (mg)	0.00	Omega 6 Fatty Acid (g)	0
Vitamin B2 (mg)	0.13	Other Nutrients	
Vitamin B3 (mg)	0.13	Alcohol (g)	0
Vitamin B3 - Niacin Equiv (mg)	0.13	Caffeine (mg)	0
Vitamin B6 (mg)	0.00	Choline (mg)	0
Vitamin B12 (mcg)	0		

Preparation Method

Preparation ...	Cook Time	Cook Temper...	Cook Method	Pan Size
10 minutes				

Preparation Method Instructions

Crush mineral tablet. In a pitcher, add water, salt, crushed mineral tablet, juice, and honey. Stir or shake to mix at room temperature until honey dissolves. Store in fridge until ready to use.
 You can use tea or coconut water in place of tap water.
 You can use other juices, such as pineapple, or even lemon or lime. You want to use 100% real organic juice if possible.

Multi-Column

Nutrients	Per Servi...	Per 100g	Nutrients	Per Servi...	Per 100g
Basic Components			Biotin (mcg)	0	0
Gram Weight (g)	1050.65	100.00	Vitamin C (mg)	0.21	0.02
Calories (kcal)	165.18	15.72	Vitamin D - IU (IU)	0	0
Calories from Fat (kcal)	0	0	Vitamin D - mcg (mcg)	0	0

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Multi-Column cont.

Nutrients	Per Servi...	Per 100g	Nutrients	Per Servi...	Per 100g
Calories from SatFat (kcal)	0	0	Vitamin E - Alpha-Toco (mg)	0	0
Protein (g)	0.29	0.03	Folate (mcg)	4.20	0.40
Carbohydrates (g)	43.52	4.14	Folate, DFE (mcg)	4.20	0.40
Dietary Fiber (g)	0	0	Vitamin K (mcg)	0	0
Soluble Fiber (g)	0	0	Pantothenic Acid (mg)	0.10	0.01
Total Sugars (g)	41.42	3.94	Minerals		
Monosaccharides (g)	0	0	Calcium (mg)	64.12	6.10
Disaccharides (g)	0	0	Chromium (mcg)	0.02	0.00
Other Carbs (g)	2.10	0.20	Copper (mg)	0.12	0.01
Fat (g)	0	0	Fluoride (mg)	0.68	0.06
Saturated Fat (g)	0	0	Iodine (mcg)	0	0
Mono Fat (g)	0	0	Iron (mg)	0.11	0.01
Poly Fat (g)	0	0	Magnesium (mg)	23.64	2.25
Trans Fatty Acid (g)	0	0	Manganese (mg)	0.06	0.01
Cholesterol (mg)	0	0	Molybdenum (mcg)	0	0
Water (g)	1003.67	95.53	Phosphorus (mg)	2.10	0.20
Vitamins			Potassium (mg)	21.12	2.01
Vitamin A - IU (IU)	0	0	Selenium (mcg)	0.01	0.00
Vitamin A - RAE (RAE)	0	0	Sodium (mg)	622.99	59.30
Carotenoid RE (RE)	0	0	Zinc (mg)	0.66	0.06
Retinol RE (RE)	0	0	Other Fats		
Beta-Carotene (mcg)	0	0	Omega 3 Fatty Acid (g)	0	0
Vitamin B1 (mg)	0.00	0.00	Omega 6 Fatty Acid (g)	0	0
Vitamin B2 (mg)	0.13	0.01	Other Nutrients		
Vitamin B3 (mg)	0.13	0.01	Alcohol (g)	0	0
Vitamin B3 - Niacin Equiv (mg)	0.13	0.01	Caffeine (mg)	0	0
Vitamin B6 (mg)	0.00	0.00	Choline (mg)	0	0
Vitamin B12 (mcg)	0	0			