

Homemade sports drink



 10 min.  65 kcal  SteviaSweet Liquid

Preparation

Grate the lemon zest, then juice the lemon and orange. Mix the juice from both fruits with the other ingredients and enjoy.

Ingredients for 2 servings

500 ml	coconut water
100 ml	water
1/4 tsp	salt
1	juice of orange
1	juice of lemon
1/2	zest of lemon
10 drops	SteviaSweet Liquid

Nutritional information per portion

65	kcal
275	kJ
1	g Protein
13	g Carbohydrates
1.5	g Fat