Homemade sports drinks and recovery drinks

Homemade sports drinks:

1. Mix 200ml ordinary fruit squash (not low sugar or low-calorie varieties), 800ml water and a pinch salt

2. High juice – 100ml High Juice diluting squash**, 900ml water, ¼ tsp salt** e.g. Robinson's / Tesco / Sainsbury's

3. 500ml unsweetened fruit juice (orange, apple, pineapple) and 5ooml water

Homemade recovery drinks

Recovery drinks provide a source of carbohydrate and protein energy in a convenient liquid form.

These are ideal if:

1. You find it hard to eat in the hour before a training session

2. You are competing and it is not possible to eat between sessions

3. Your training takes place early in the morning

4. You want a quick stop gap between training and your next meal

For endurance-based training, your recovery drink should contain 40-60g carbohydrate and 10-15g protein.

Half servings may be more appropriate before training, after less intense sessions and if you are trying to make weight for your sport.

The following recipes are quick and easyto make and provide the ideal ratio of

Chocolate Milkshake

Recipe
2 tbsp chocolate powder (Nesquik)
1 tbsp skimmed milk powder
500ml skimmed milk

Add ingredients to shaker bottle / blender and mix for 15-20 seconds

41g carbohydrate, 21g protein

Banana Milkshake

Recipe:
1 large banana
250ml skimmed milk
2tbsp skimmed milk powder
1 handful ice

Add ingredients to a blender and mix for 15-20 seconds

45g carbohydrate, 14g protein

Berry Yoghurt Smoothie

Recipe:
1 cup fresh or frozen berries
150ml low-fat yoghurt
200ml skimmed milk

Add ingredients to shaker bottle / blender and mix for 15-20 seconds

39g carbohydrate, 16g protein

Mocha Milkshake

Recipe:
2 tbsp chocolate powder (Nesquik)
1-2tsp instant coffee
2 tbsp skimmed milk powder
300ml skimmed milk
1 scoop ice-cream (optional)

Add ingredients to shaker bottle / blender and mix for 15-20 seconds

47g carbohydrate, 18g protein

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