

Natural Sports Drink

Have this beverage post game with a handful of almonds! Hydrate with protein helps to rebuild those muscles. Try different types of juices and substitute maple syrup or agave syrup for the honey.

1-1/2 cups (12 oz) coconut water

2 tbsp each: orange juice & pomegranate

1 tbsp (15 ml) honey

1 tsp (5 mL) sea salt

¼ tsp (1 mL) minced ginger-OPTIONAL (Ginger is a power anti-inflammatory & soothing to sore muscles)

Place all ingredients in water bottle, shake well and drink right after your work out and eat a handful of almonds or walnuts.

Source: www.enerjivefood.com or www.foodthought.com

www.carhahockey.ca/fitforhockey

