

Homemade Sports & Recovery Drink Recipes

For Kids Sports Programmes





How To Use This Resource



Over the many years we have delivered to schools, sport clubs and young athlete programmes, we encountered those who were 'against' any use of sports foods & supplements.

Offering these homemade alternatives is an excellent way of overcoming those barriers & getting buy in.

Here's ways we used these recipes:

As a physical printed handout for kids/parents that you introduce in a presentation



As a digital 'lead gen' - Offer to send the worksheet to those who write down/input their email into a phone/tablet/laptop

Or you can create these drinks as part of a practical workshop!



These recipes aren't exclusively for kids in sport, you can use these for any clients who would benefit from them!



Sports Drink Recipes



Cordial-Based Sports Drink



500ml Water
Flavoured Cordial (to taste)
Pinch (0.5g) of Rock/Sea Salt
35g (approx. 3 tbsp) of Sugar/Glucose Powder

Fruit Juice-Based Sports Drink



300ml Water
200ml of Fruit Juice
Pinch (0.5g) of Rock/Sea Salt
20g (approx. 2 tbsp) of Sugar/Glucose Powder



Top Tip:
Drink this before
and/or during intense
exercise



Recovery Drink Recipes



Simple Recovery Drink

500ml of Low-Fat Flavoured Milk
E.g. Chocolate or Strawberry!

= ~16g Protein



Tailored Recovery Drink

For full recovery after exhaustive training/competition

1 pint (568ml) of Whole Milk
10-15g (approx. 1 tbsp) of Milk Powder
10g (approx. 1 tbsp) of Milkshake Powder
per 10kg of Body Weight

= ~24g Protein





Recovery Drink Recipes



Recovery Smoothie

Great for those who suffer with sore muscles in the days after exercise!

300ml of Whole Milk

45g (approx. 3 tbsp) of Milk Powder

200ml of Dark Fruit Juice e.g. Cherry/Pomegranate

200g Mixed Berries

= ~28g Protein



Top Tip:

Use frozen berries for a cheaper & just as nutritious option!