



Alligator Aid (Sports Drink) Alternative

NIBBLEDISH CONTRIBUTOR

Ingredients

- 10 tbs. sugar (5/8 cups or 120 grams)
- .75 tsp Morton Lite salt (4.2 grams)
- 1 package of unsweetened Coolade mix for flavor
- Water to make 2 liters

Instructions

Why shell out big bucks for High Fructose Corn Syrup? Try this alternative on your next bike ride instead!

Combine all ingredients in large pitcher. Chill & Enjoy!

After ride? Serve with fresh fruit or a bowl of delicious pasta!