

# HOMEMADE SPORTS DRINK POWDER RECIPE

<https://scoutermom.com/6580/homemade-sports-drink-powder-recipe/>

## Ingredients

- 9 tablespoons table sugar
- 3/8 teaspoon table salt
- 1 packet unsweetened Kool Aid

## Instructions

1. Mix all ingredients thoroughly.
2. Divide the mixture into each of three Ziploc bags.
3. When ready to use, add contents of one bag to a 20 ounce bottle.
4. Fill about halfway with water.
5. Close tightly and shake until well to mix.
6. Fill the bottle the rest of the way up with water or with water and two or three ice cubes and shake again. (The ice should melt.)