

Limes & Salt

Energy Gel

Makes 1 gel

A favorite among our endurance athletes who often experience runner's diarrhea, this energy gel is simple yet effective. Adjust the amount of salt to meet your specific sodium needs. This gel already has water added to it so you don't have to worry about finding a water station.

Ingredients:

1 oz fresh squeezed lime juice (approximately 2 small limes)
1 TBS honey (add more if you need more carbs)
4 oz water
1/4 – 1/2 tsp salt (See *Sweat Rate Worksheet* to learn more about your specific sodium needs)

Directions:

Place ingredients in a gu flask and shake well.

For two servings, double the lime juice, honey, and salt. Only drink half the flask contents at one time, and be sure to drink a few extra ounces of water with it.

Nutrition (per 1 gel): 68 cal, 20 g carb, 0 g fiber, 0 g protein, 0 g fat, 590 mg sodium