

# MAPLE/BIRCH SPORTS RECOVERY DRINKS

SPORTS RECOVERY DRINKS YOU CAN MAKE AT HOME:  
TO REPLENISH NEEDED ELECTROLYTES,  
ESPECIALLY AFTER A STRENUOUS WORKOUT!

## FROM SYRUP:

### INGREDIENTS

- 1 cup water
- 1 Tablespoon 100% juice of your choice
- 1 Tablespoon pure maple or birch syrup
- 1 1/2 teaspoons lime or lemon juice
- a pinch of salt

### DIRECTIONS

1. Mix ingredients together.
2. Enjoy!

## FROM SAP:

### INGREDIENTS

- 8-12 ounces maple or birch sap
- a pinch of salt (optional)

### DIRECTIONS

1. Boil freshly-collected sap for at least 1 minute to kill bacteria.
2. Keep in refrigerator that is 38 degrees F or cooler. Use within 7 days (or freeze for later use).

