

Home brewed energy drinks

Posted At : July 4, 2008 1:09 PM | Posted By : Erik Voldengen

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I still have plenty of **energy drink** left. However, when it's gone, I think I'll try something new.

If we can home brew an effective **chain lube**, we can home brew a decent sport drink, too.

Seth Hosmer just posted his **recipe**. Looks pretty good.

Gewilli, a mad scientist, also posted a **recipe** of sorts, across **two posts**. It's a little harder to read than Seth's. Okay, a lot harder, but worth reading. Read the comments, too.

Another recipe I used for years - diluted apple juice.

Actually, one time, I had my 12 year old nephew in the car with me, and he saw a water bottle full of this. He asked what it was, to which I told him "diluted apple juice." He drank the bottle and said "MMm, that's good. Do they make diluted orange juice, too?"

Diluted apple juice then became the cool drink with the boys in his neighborhood for the rest of the summer.