

### **Recipe for syrup/gel base:**

- 500g Maltodextrin powder (which is about 2000kCal of carbohydrate)
  - 50g Whey (or Soy) protein powder
  - 1pt Hot Water
1. Put all the ingredients in a jug or a bowl and use a stick blender to mix until it forms a syrup (< 1 minute).
  2. Pour into a 1 qt bottle and top off with water.
  3. Store in fridge until needed.
  4. Fill 6oz squeeze bottles with the syrup and flavoring (e.g. 1oz of juice concentrate)

### **Calorie Analysis:**

- One bottle will have 400 kCals or the equivalent of approx. 4 packets of commercial energy gel.
- Moreover, 10% of the calories are in the form of protein, which spares your muscles from catabolic break down during a run.

### **Supplies:**

- Stick Blender. You absolutely do need one. Cost about \$20 from the kitchen section of any department store.
- Maltodextrin powder can be ordered from [www.bulknutrition.com](http://www.bulknutrition.com). The best value is CarboGain's 7lb bulk container.
- Whey or Soy Protein can be found in the bulk section of most natural foods stores.
- Flavorings are easy: frozen fruit-juice concentrates, Tang/Koolaid, coffee, chocolate, etc, you are only limited by your imagination....