



Ātrās uzkodas pēc treniņa

Food after training: Snacks to go

Janette Crosland recommends those who enjoy preparing their food might like to have a go at making their own snacks. Homemade snacks can work out cheaper than pre-packed ones and a whole batch can be made at once to save in the freezer.

HOCOLATE RAISIN SQUARES

120g ready to eat dried apricots
120g self raising flour
0.25 teaspoon baking powder
120g soft brown sugar
2 eggs, size 3 (medium) beaten
120g raisins
50g melted chocolate
2 tablespoons granulated sugar (normal table sugar)

Preparation time 25 minutes

Cooking time 30-35 minutes

Method:

1. Pre-heat oven to 180C/Gas mark 4
2. Chop apricots roughly place in food processor or blender with 5 tablespoon water
3. Blend to a smooth past
4. Beat together the apricot puree, flour baking powder, soft brown sugar and eggs in a bowl until thoroughly mixed
5. Stir in the raisins and melted chocolate until well mixed
6. Put mixture in lightly greased 18cm square cake tin, and level the surface
7. Bake in pre heated oven until golden brown and firm to the touch (30-35 minutes)
8. Mix orange juice and granulated sugar together and pour the mixture evenly over the hot cake. Allow the cake to cool for a further 10 minutes in the tin before removing.

Nutrition per slice if 8 slices are produced

240kcal, 51g carbohydrate, 5g protein, 4g fat

SPICY BEER LOAF

300g plain white flour
2 heaped teaspoon baking powder

1 heaped teaspoon salt
50g sugar
300ml beer e.g. bitter
40g margarine – polyunsaturateds or made from olive oil

Method:

Preheat oven to 180C/Gas mark 4
Mix together the flour, baking powder, salt and sugar then add beer and mix
Pour the mixture into a lightly greased loaf tin
Melt the margarine and pour it over the loaf mixture
Cook for 30-35 minutes until firm and golden
Turn out to cool

Nutrition per slice if 8 slices are produced

205kcal. 37g carbohydrate, 4g protein, 5g fat

Recipes designed for athletes and based on recipes provided by coaches, dietitians, athletes and others in the sporting world.

Veseli ēduši!