

HIGH ENERGY SNACKS

These can be made in bulk & carried as post training snacks or for competition days

Date & Oat Slice

175g (6oz) plain flour
100g (4oz) rolled oats
100g (4oz) soft brown sugar
150g (5oz) polyunsaturated margarine
350g (12oz) stoned, chopped dates
150ml (5 fl oz) water

1. set oven to 190 C / 375 F / gas mark 5
2. mix flour, oats and sugar together
3. rub in the margarine until mixture looks like breadcrumbs
4. boil the dates in the water until soft & mash well with a folk
5. grease an 18cm x 28cm (7" x 11") deep swiss roll tin, put in $\frac{1}{2}$ of flour & oat mixture and spread.
6. spread the dates on top and cover with the rest of the mixture. Press down and bake in oven for 30mins until brown.
7. cut into squares while hot but leave to cool in the tin
8. store in an airtight tin

Nutrition (per serving) calories 205 protein 2g fat 9g carbohydrate 31g

Oat Bars (12 slices)

100g (4oz) light brown sugar
75g (3oz) polyunsaturated margarine
50g (2oz) clear honey
150g (5oz) rolled oats
3 tblspn bran
40g (1 $\frac{1}{2}$ oz) coconut flakes
75g (3oz) raisins
50g (2oz) dried apricots, chopped
25g (1oz) dried pitted prunes, chopped

1. Pre-heat oven to 190 C / 375 F / gas mark 5
2. place sugar , margarine & honey in large saucepan and heat until melted
3. remove from heat and stir in remaining ingredients until well mixed
4. spoon into a lightly greased & lined 18cm / 7" square tin and press down firmly
5. bake in oven for about 20 mins or until golden brown
6. leave to cool a little before scoring into bars. When cold cut into bars, store in airtight tub.

Nutrition (per serving) calories 185 protein 2g fat 8g carbohydrate 27g

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Apple Spice Muffins (makes 10-12)

9oz (255g) plain flour* * with self-raising flour, reduce baking powder to 1 teaspoon (5ml)
3 teaspoons (15ml) baking powder
 $\frac{1}{2}$ teaspoon (2.5ml) salt
1 $\frac{1}{2}$ teaspoon (7.5ml) mixed spice
3-4 oz (85-110g) fine white granulated sugar
1 egg
6oz (170g) finely chopped apple
5fl oz (150ml) milk
3oz (85g) butter, melted
2-3oz (60-85g) raisins, sultanas or chopped walnuts

* with self-raising flour, reduce baking powder to 1 teaspoon (5ml)

1. prepare muffin tins. Preheat oven to 375-400F (190-200C) gas mark 6
2. in a large bowl sift together flour, baking powder, salt, spice and sugar
3. in another bowl, beat egg with a folk, stir in chopped apple, milk and melted butter
4. pour all of wet mixture into dry mixture, stir well and add in dried fruit/walnuts
5. spoon the thick mixture into tins, bake about 20-25 mins until tops are lightly browned.

Nutrition (per serving) calories 202 protein 3g fat 7.6g carbohydrate 32g (per muffin)

Banana Muffins (makes 11-12)

10oz (280g) plain flour* * with self-raising flour, omit baking powder only
1 teaspoon (5ml) baking powder
1 teaspoon (5ml) bicarbonate of soda
 $\frac{1}{2}$ teaspoon (2.5ml) salt
3 large well-ripened bananas
4oz (110g) fine white granulated sugar
1 egg beaten
2-3 fl oz (60-90) milk or water
3 fl oz (90ml) butter melted
2-3oz (60-85g) walnuts or plain chocolate chips (optional)

1. prepare muffin tins. Preheat oven to 375-400F (190-200C) gas mark 6
2. in a large bowl sift together flour, baking powder, salt, bicarbonate of soda (add chocolate if using)
3. in a bowl mash bananas stir in egg, sugar, milk water and butter
4. pour all wet ingredients into dry, stir until evenly mixed but still lumpy
5. spoon into tins, bake for 20-25 mins, until tops lightly brown & spring back when pressed gently

Nutrition (per serving) calories 238 protein 4.2g fat 9g carbohydrate 36g (per muffin)