Banana Smoothie

Place milk, voghurt, banana and honey in a blender and blend until smooth. Pour into 2 glasses. Serve immediately.

This is a healthy drink full of goodness. Use seasonal fruits and, if you wish, use low-fat milk and yoghurt. Add a tablespoon of wheat germ per person for extra nourishment.

1 cup low-fat milk

2 bananas

Serves 2

1 cup low-fat yoghurt

2 tsp honey, optional

Red Fruit Smoothie

Replace the 2 bananas with 250 g red fruits or your choice, e.g. strawberries, raspberries, blueberries. blackberries.

Apricot Smoothie

Replace 2 bananas with 6 fresh stoned apricots.

Sandwich

A sandwich is easy to digest, satisfying, easy to transport and a great source of nutrition for athletes.

A super sandwich starts with good bread. Try to vary the bread and use sourdough, rye, wholegrain, wholemeal, walnut and olive bread. Spread the bread with sliced avocado, peanut butter or a dip, like hummus or tzatziki. Use thinly sliced cheese, such as a Swiss-style or cheddar, and fill the sandwich

a selection of raw vegetables, like grated carrot, alfalfa, salad greens, cucumber, radishes, tomato. Or try grilled vegetables, such as zucchini, eggplant, capsicum and pumpkin.



Grease a bread tin and sprinkle the base and sides with flaked almonds.

Allow to cool

in the tin for

turning out.

5 minutes before

1 tbsp finely grated lemon zest 3/4 cup caster sugar 1 cup light cream 1/2 cup almond meal 1 cup wholemeal self-raising flour 1/4 cup walnut halves, cut into pieces 2 tbsp sultanas 8 ñ 10 pitted dates a little extra caster sugar to dust the cake Serves 8 - 10

3 tbsp flaked almonds

3 large eggs

3 medium to large apples,

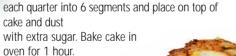
Peel, guarter, core and dice 2 of the apples. Place diced apple in a bowl, cover and cook in the microwave for 2 minutes. Transfer cooked apple to a plate to cool.

a little butter or oil to grease the tin

e.g. Granny Smith, golden delicious

Beat eggs, lemon zest and caster sugar together until thick and creamy. Fold through the cream, then the almond meal and flour, but donit over mix. Gently stir in diced apple, walnut pieces and sultanas. Preheat oven to 160C. Place half of the mixture into the prepared tin. Gently place pitted dates on top and cover with remaining cake mixture.

Peel, halve, quarter and core remaining apple. Cut cake and dust





1 large tomato 10 baby mushrooms about 2 cups spinach leaves 1 tbsp olive oil salt and freshly ground black pepper 2 tbsp chives Serves 2

Cut tomato in half and squeeze out the seeds and liquid. Dice tomatoes.

Wash mushrooms and spinach.

Heat half the oil in a non-stick pan and cook mushrooms for 3 minutes. Transfer mushrooms to a bowl. Add spinach to pan and cook until wilted. Transfer spinach to a colander.

Beat eggs in a bowl and season with salt and pepper.

Heat remaining oil in a 20 cm (approximately) non-stick frying pan. Add beaten eggs and diced tomato. Allow the eggs to set in the pan for about 10 seconds before stirring the eggs for a few seconds using a flat wooden spoon. Spread the mushrooms and spinach over the omelette and gently press the vegetables in a little. Sprinkle with chives and continue to cook until the egg is all set.



Cut any fat from a little oil and season with pepper. Cook sirloin steaks and pumpkin on a hot arill or in a non-stick pan for 2 ñ 4 minutes on each side. according to your taste. The pumpkin must be

2 pieces of 200 g sirloin or porterhouse a little olive oil about 300 g pumpkin, cut into 1 cm slices salt and freshly ground black pepper 6 pieces of mountain bread or 6 large pita breads or tortilla 6 tbsp tzatziki dip about 80 g alfalfa a handful of rocket leaves or other green leaves the meat. Coat the meat 1 large carrot, grated and pumpkin slices with 3 small tomatoes, sliced Makes 6 wraps

> Spread the breads with tzatziki and garnish half of each bread with a little alfalfa, rocket, grated carrot and tomato slices. Slice the steaks into 1 cm thick pieces. Cut pumpkin the same size as the steak.

Garnish each wrap with pieces of meat and pumpkin. Season with a little salt, then wrap the flat bread around the filling. Cut each wrap in half in the middle and serve.



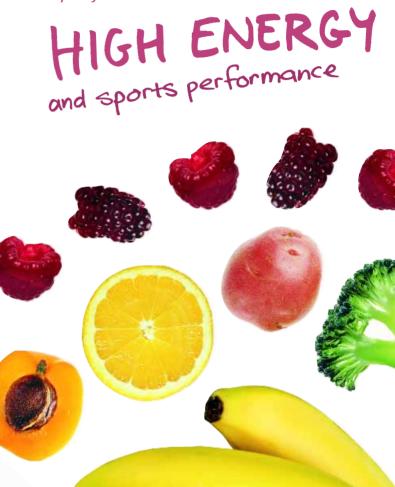
Baked Potatoes with Mexican-style Beans

Baked potatoes are easy to prepare. Simply wrap a large, washed potato in foil and bake it in a medium to hot oven. A large potato takes a little less than 1 hour.

a little low-fat sour cream. Delicious!

For a Mexican-style topping, drain a can of red beans and reheat them in a small saucepan with 2 chopped tomatoes, 1 tsp paprika, 1 tsp ground cumin, 1 tsp of ground coriander, a pinch of chilli and a little salt and pepper. Garnish with











Spaghetti Vegetables and Beans

Cook spaghetti in a large volume of salted boiling water, according to packet instructions. Drain spaghetti when cooked.

¹/₂ cup broccoli, cut into small pieces 1 small eggplant, thin and long about 150 g spaghetti 2 tbsp olive oil 1/4 brown onion, chopped ¹/₂ red capsicum, finely sliced 1 small zucchini, finely sliced freshly ground black pepper 1 tomato, diced 400 g can beans, e.g. cannellini or butter beans ¹/₂ clove garlic 4 basil leaves, finely sliced 2 tbsp parmesan cheese Serves 2

Wash broccoli and steam until just cooked. Cut eggplant in half lengthwise and slice finely. While the spagnetti is cooking, heat the oil in a non-stick wok and stir-fry onion and capsicum for 3 minutes. Add zucchini and eggplant and stir-fry until soft. Season with salt and pepper. Add tomato, broccoli and drained beans and reheat for 1 minute.

Gently mix drained pasta with the garlic, basil and vegetables and serve sprinkled with a little grated parmesan cheese.



Smashed Potato

4 medium potatoes a little salt a knob of butter or a spread of your choice or 2 tbsp olive oil about 2 tbsp chopped parsley Serves 4

Peel and guarter potatoes and cut guarters in half. Wash potatoes and place them in a pan. Cover with cold water, season with salt then boil until cooked. It takes 10 ñ 15 minutes. Drain potatoes. Smash potato and butter with a fork. Mix in parsley and serve.

Chicken and Vegetable Casserole

Tacos 1 tbsp olive oil

1 small carrot, finely chopped

about 400 g lean minced beef

salt and freshly ground black pepper

1/2 cup chopped peeled cucumber 4 large lettuce leaves, shredded

1 avocado, cut into 12 wedges

1/2 cup grated Swiss-style cheese

Heat oil in a non-stick frying pan and cook carrots,

Add minced beef and cook on high heat for 3

minutes, while stirring. Stir in tomato paste and

water. Season with salt and pepper. Bring to a

simmer and cook on low heat for 15 minutes, stir-

Heat taco shells according to packet instructions.

Garnish shells with cooked meat, chopped toma-

lettuce, avocado and coriander leaves. Sprinkle

2 tsp ground paprika

1 tsp ground coriander

1 tbsp tomato paste

1 large tomato, chopped

a few coriander leaves

onion and celery for 5 minutes.

with grated cheese and serve.

Stir in paprika, cumin and coriander.

3/4 cup water

12 taco shells

Makes 12

ring occasionally.

to, cucumber,

1 tsp ground cumin

¹/₂ brown onion, finely chopped

1 small stick of celery, finely chopped

This casserole is served over Smashed Potato (see recipe)

1 medium carrot 1/2 brown onion 4 skinless chicken maryland or 8 skinless chicken pieces on the bone 2 tbsp plain flour to dust chicken salt and freshly ground black pepper 2 tbsp olive oil 2 sprigs thyme, finely chopped 1/4 cup dry white wine, optional 1 cup strong chicken stock 4 tomatoes, finely chopped 8 squash, cut in half 800 g green beans, topped tailed and halved 1 clove garlic, finely chopped 3 tbsp chopped parsley Serves 4

1 stick celery



Finely chop celery, onion and carrot. Coat chicken with flour and season with salt and pepper. Heat oil in a non-stick casserole dish and brown chicken on all sides. Stir in thyme, celery, carrot and onion, and cook for 3 ñ 4 minutes on medium heat. Add wine and bring to the boil. Add stock and tomatoes, stir well and bring to a simmer. Lower heat, cover and cook for 25 ñ 35 minutes. Steam squash, and cook beans in boiling water. Add beans and squash to the casserole and reheat well. Stir in garlic and parsley.



This is a fun way to introduce fruits after sport.

1 watermelon 4 oranges 2 punnets of large strawberries 2 bananas 2 kiwi fruits 1/2 pawpaw or other fruit of your choice

You'll have extra watermelon pieces that you can serve separately

Using a sharp paring knife or small serrated knife, carefully cut a basket with a handle out of the watermelon. Look at the photograph for details. Draw your cuts on the watermelon first before cutting.

Scoop out the flesh of the watermelon using a spoon and knife. Place the melon flesh in a bowl. Prepare fruits into manageable pieces and fill the basket with your selection.

Strip the corn cobs of their leaves and silk, wash the cobs and cut them in half. Cook corn cobs for 5 minutes in a large volume of salted boiling water until. tender, then drain. Drizzle corn cobs with a little olive oil

and spread with a little butter. Season with pepper and sprinkle with coriander leaves. Just before serving, squeeze a little lemon juice over the



Corn is one of the most satisfying vegetable snacks and can be seasoned with your choice of spices, like pepper or cumin, and herbs, like chives, dill or coriander.



- ï The night before a game, eat a good serve of carbohydrate food such as pasta, noodles, potatoes or rice and eat a variety of vegetables.
- ï To maintain muscles, eat lean meat (cooked in a minimum of fat) or some vegetarian protein.
- ï Eat only a moderate amount of foods containing added sugar, as they provide only short-lasting energy, but contain a lot of calories that can be fattening.
- ï Drink fresh fruit juices, low-fat smoothies and water.
 - i Generally speaking, food that promotes high performance is low in fat, so avoid deep-fried foods.
 - ï Fresh fruits and vegetables offer the best intake of vitamins to keep your body and mind in top working order.
 - ï To maintain strong bones, active people must eat calcium through low-fat dairy products.
- Avoid skipping breakfast on a performance day. Eat cereals with high fibre carbohydrate and low in fat and sugar. Use low-fat milk or yoghurt and top with a variety of seasonal fruits.

ï Other great sports snacks are salad sandwiches, low-fat muffins and rice dishes with vegetables.



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