

2017 - 10 years of fun for the Schools Triathlon Challenge



SWIMBIKERUN

Choc Banana Breakfast Smoothie

Ingredients:

- 1 frozen banana
- 50g blueberries
- ½ cup of milk
- ½ cup Greek yoghurt
- 1 heaped teaspoon of Milo
- 2 tablespoons rolled oats
- ½ teaspoon of honey

Method:

1. Add all ingredients into a blender and blend for a minute. Pour in a tall glass.
2. Enjoy straight away!

Serves 1





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Oat and Apple Pancakes

Ingredients:

- ½ cup oats
- ½ cup quinoa flakes (can be replaced with another ½ cup oats)
- ½ apple chopped
- 1 tablespoon pecans
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 1 egg, beaten
- 2 teaspoon maple syrup to sweeten if desired
- ¾ cup milk (plus little extra if required)



Hot Tips

- Pancakes make a great pre – exercise meal or a recovery snack.
- This version is less refined, has more fibre, more nutrients and more protein not to mention bucket loads of flavour!

Method:

1. Put oats, quinoa, apple and pecans in food processor and blend for 5-10 seconds until broken down
2. Mix in cinnamon, egg, maple and milk.
3. Leave to sit for about 15 mins (if you have time!) and then add additional milk if required to get good pancake consistency. Meanwhile heat non-stick pan to medium/hot temperature.
4. Cook for 2-3 minutes each side.

Serves 4

SCHOOLS TRIATHLON CHALLENGE



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Super Green Eggs and Ham

Ingredients:

- 2 eggs
- 2 tablespoons milk
- 1 garlic clove, crushed
- 1 cup chopped kale, spinach or rocket
- 2 slices wholegrain bread, toasted
- 30g lean shaved ham
- ¼ small avocado, sliced



Method:

1. Whisk the eggs and milk together in a medium bowl and season with cracked black pepper. Set aside.
2. Spray a large non-stick frying pan with olive oil and set over medium heat. Sauté the garlic and kale for 2–3 minutes or until kale is just wilted. Remove from pan, and set aside.
3. Add egg mixture to pan and use a wooden spoon to keep it in the centre. Continue until the eggs are almost set. Fold in the kale.
4. Place toast on 2 serving plates. Top each slice with the shaved ham, scrambled eggs and wilted kale. Serve with avocado slices on the side and season with cracked black pepper.

Serves 1



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Shredded Chicken, Almond and Celery on rye rolls

Ingredients:

- 2 cups shredded barbecued chicken, skin removed
- ¼ cup toasted flaked almonds
- 2 trimmed celery stalks, finely chopped
- 1/3 cup light sour cream
- 1 clove garlic, crushed
- 4 multigrain or rye bread rolls
- 2 iceberg lettuce leaves, shredded



Method:

1. Combine the chicken, almonds and celery in a large bowl. Stir in the cream and garlic until well combined. Season with freshly ground black pepper.
2. Split the rolls. Place lettuce on roll bases. Top with chicken mixture and top halves of rolls. Serve.

ENJOY IT

Serves 4

SCHOOLS TRIATHLON CHALLENGE

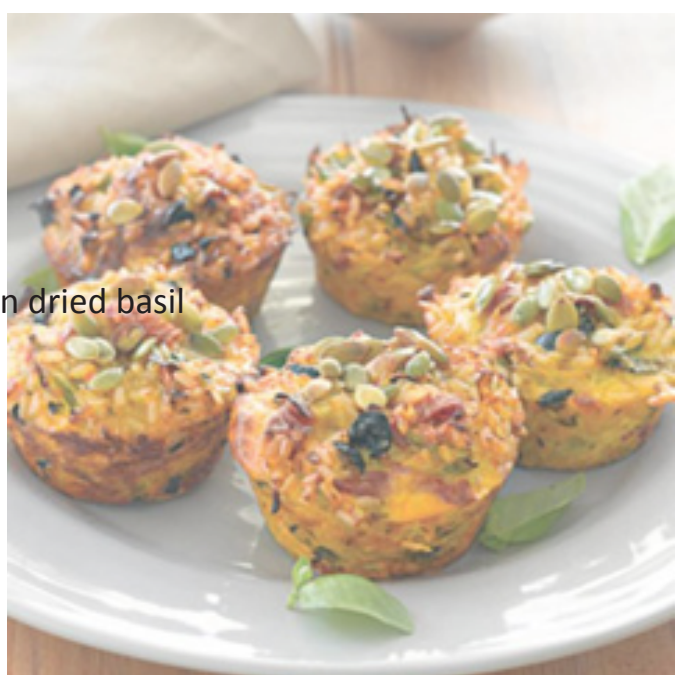


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Italian Rice Cakes

Ingredients:

- cooking oil spray
- 1 ½ cups cooked brown rice
- ½ cup semi-dried tomatoes (drained), chopped
- 3 spring onions, green part only, sliced
- ¼ cup sliced black olives
- 3 tablespoons chopped fresh basil, or 1 teaspoon dried basil
- 1 cup grated mozzarella
- ¼ cup grated parmesan
- 1 tablespoon sweet-chilli sauce
- 3 eggs, lightly beaten
- ¼ cup pumpkin seeds
- 8 cups mixed green salad, to serve



Method:

1. Preheat oven to 180°C. Spray a 12-cup muffin tray with a light coating of cooking oil.
2. Place rice, tomato, spring onions, olives, basil, cheeses, sweet-chilli sauce and eggs in a large bowl; mix well. Divide mixture among muffin-tray cups and top with pumpkin seeds.
3. Bake for 15–20 minutes. Remove tray from oven and leave to cool for 5 minutes before turning out rice cakes.

Makes 12

SCHOOLS TRIATHLON CHALLENGE





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Meatballs with Spaghetti

Ingredients:

For the meatballs:

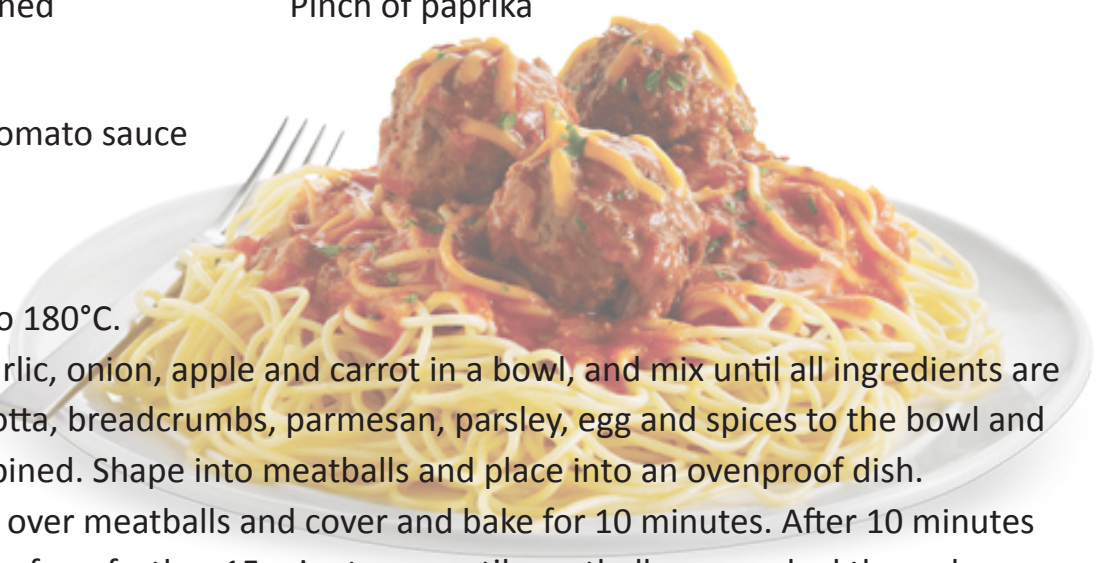
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| 500 g lean beef mince | 1/3 cup fresh breadcrumbs |
| 1 teaspoon of crushed garlic | ¼ cup freshly grated parmesan cheese |
| 1 small onion, grated | ½ cup fresh chopped parsley |
| 1 apple, peeled and grated | 1 egg |
| 1 small carrot, grated | Pinch of nutmeg |
| 125 g ricotta cheese, drained | Pinch of paprika |

4 cups Napolitana fresh tomato sauce

Method:

1. Preheat the oven to 180°C.
2. Combine mince, garlic, onion, apple and carrot in a bowl, and mix until all ingredients are combined. Add ricotta, breadcrumbs, parmesan, parsley, egg and spices to the bowl and mix until well combined. Shape into meatballs and place into an ovenproof dish.
3. Pour tomato sauce over meatballs and cover and bake for 10 minutes. After 10 minutes remove lid and bake for a further 15 minutes or until meatballs are cooked through.
4. Meanwhile cook the spaghetti according to directions on the packet.
5. When cooked, drain in a colander.
6. Divide spaghetti between serving plates and top with the meatballs when they are ready.
7. Serve sprinkled with fresh chopped parsley a little grated parmesan.

Serves 4



SCHOOLS TRIATHLON CHALLENGE



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Power Nutrient Banana Loaf

Ingredients:

Wet

- 3 ripe bananas
- ½ cup maple syrup or honey
- 2 tablespoons oil (olive oil or canola oil)
- 1 teaspoon vanilla essence



Dry

- 1 ½ cups wholemeal flour
- 1 ½ teaspoons baking soda
- ¼ teaspoon salt
- ½ cup nuts (such as walnuts/pecans/ macadamia or almonds) roughly chopped
- ¼ cup pepitas/sunflower seeds
- 100g 70% quality dark chocolate, roughly chopped
- ¼ cup chia seeds
- 1 teaspoon cinnamon

Method:

1. Preheat oven to 180°C. Line bread loaf tin with baking paper or grease non-stick loaf pan
2. Mash bananas in a bowl and add the maple syrup/honey, oil and vanilla
3. In a large bowl combine all dry ingredients
4. Make a well in the centre of the dry ingredients and pour in the wet ingredients
5. Mix all ingredients well and pour into greased/lined tin
6. Bake in over for 40-45min until brown on top and cooked through
7. Allow to cool before slicing

Makes one loaf

SCHOOLS TRIATHLON CHALLENGE





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Cashew and Oat Bliss Balls

Ingredients:

- 500g raw and unsalted cashews
- 500g of oats
- 4 tbsp of tahini
- 2 tbsp of lemon juice
- 100g of shredded coconut
- 200g of desiccated coconut
- Small amount of water to create a rolling texture

Method:

1. Blitz the cashews and oats in a food processor
2. Add the shredded coconut, tahini and lemon juice and continue to blitz the mixture
3. Slowly add a small amount of water until the mixture becomes paste-like
4. Roll the mixture into small balls with your hands and roll the balls in the desiccated coconut
5. Store in the fridge or freezer



Hot Tips

These delectable treats can be enjoyed on-the-go, mid-meal snack or even as a pre or post-workout treat.

Makes 48