

Overnight oats: Apple and Cinnamon

Ingredient:

50g oats
200ml milk
2 tbsp Greek yogurt
1 tsp cinnamon
1 apple grated
Handful of raisins

Prep: 10 minutes

Cook: Refrigerate overnight

Difficulty: Easy

Serves: 1

Method:

- Mix all ingredient together
- Leave in the fridge overnight and enjoy in the morning.



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Granola

Ingredient:

300g oats
6tbsp maple syrup
6tbsp honey
100g pumpkin seeds
100g flaked almonds
6 tbsp rapeseed oil

Prep: 10 minutes

Cook: 25minutes

Difficulty: Easy

Makes: 1 x 500g jar

Method:

- In a bowl mix all the dry ingredient
- In a jug mix all the wet ingredient
- Pour the wet ingredient into the dry mixture and mix
- Spread onto baking sheets and bake until golden (~20minutes)
- Leave to cool and store in a jar



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Egg Muffins

Ingredient:

1 red pepper
2 spring onions
6 eggs
1 handful of spinach
½ cup cheddar cheese
Pinch of salt

Prep time: 5 minutes

Cook time: 20-25 minutes

Difficulty: Easy

Makes: 12

Method:

- Pre heat the oven to 200
- Wash and dice the pepper and onion and put into a large mixing bowl
- Wash the spinach and lightly chop
- Add the egg and salt, mix well.
- Mix in the cheese
- Grease the muffin tin with oil and pour in the egg mixture
- Pop into the oven for 20 minutes or until the tops are firm to touch



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Banana Bread

Ingredient:

140g butter, softened
140g light brown sugar
2 large eggs, beaten
140g self raising flour
1 tsp baking powder
2 very ripe bananas, mashed

Prep: 15 minutes

Cook: 40 minutes

Difficulty: Easy

Makes: 10 slices

Method:

- Heat oven to 180C/160C fan/gas 4.
- Butter a 2lb loaf tin and line the base and sides with baking parchment.
- Cream 140g softened butter and 140g caster sugar until light and fluffy, then slowly add 2 beaten large eggs with a little of the 140g flour.
- Fold in the remaining flour, 1 tsp baking powder and 2 mashed bananas.
- Pour into the tin and bake for about 30 mins until a skewer comes out clean.
- Cool in the tin for 10 mins, then remove to a wire rack.



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Pineapple and Ginger Smoothie

Ingredient:

1 tin of pineapple with the juice
½ cup Greek yogurt,
1 banana
1 tbsp grated fresh ginger
½ cup of ice

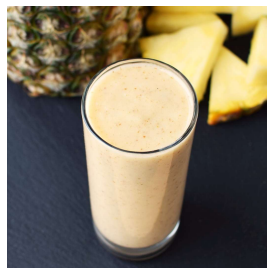
Prep: 5 minute

Blend: until smooth

Difficulty: Easy

Method:

- Blend all together and enjoy



Recommended Apps

BBC good food app

Fuel my performance app

Recommended Instagram Accounts to follow for recipes

@swpnutrition

@thesportschef

@laurenveronanutrition

@performance.chef

@thecookingyam