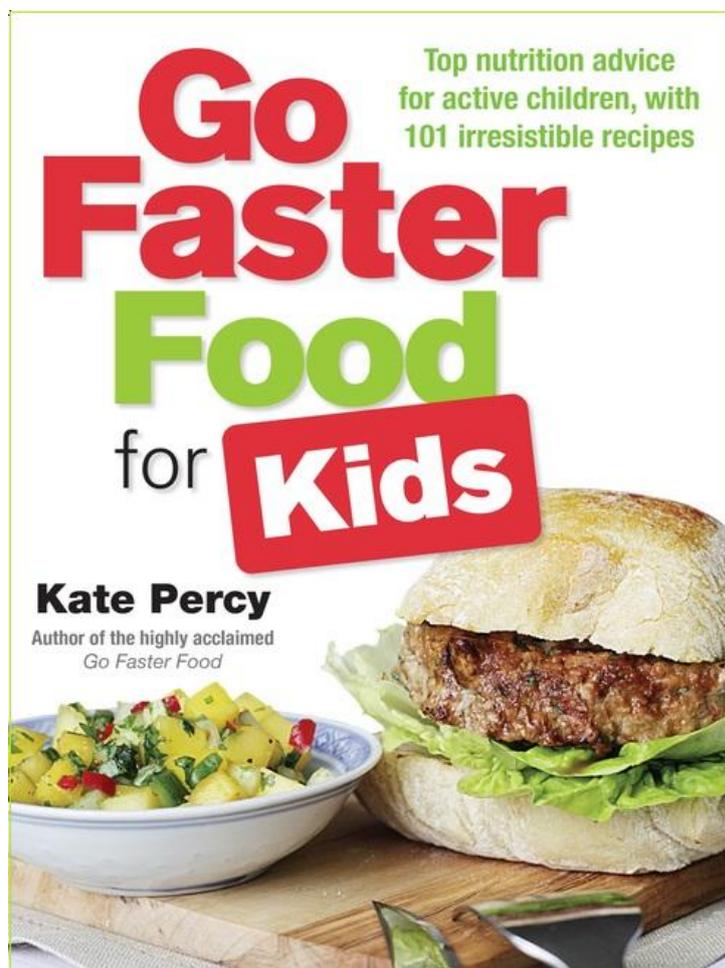


Go Faster Food for Schools

“Eat like an Athlete”

Recipes

From



With a smile on your face and a super-fuelled body
you can push yourself that extra mile, faster...

Oaty banana buttermilk blinis

These blinis make a delicious, nutritious and sustaining breakfast or tea-time snack. If you have any left over, pop them in the lunchbox; they taste great cold.

Prep -5 mins

Cook - 5 mins

Equipment – 2 mixing bowls, non-stick frying pan, fork, teaspoon, tablespoon, spatula

Ingredients to make 6-8 blinis

80g (3tbsp) plain white flour
80g (3 tbsp) self-raising wholemeal flour
3 tbsp porridge oats
1 tsp baking powder
Pinch of salt
Handful of raisins (optional)
1 tsp caster sugar
250 ml buttermilk (or natural yoghurt)
1 large or 2 small ripe bananas, mashed with a fork
1 large, free-range egg
1 tbsp sunflower oil
1 tbsp melted butter or sunflower oil to cook
Syrup to serve (optional)

These blinis make a great pre-match breakfast, and will also fuel the brain for a long day at school

Method

1. In a mixing bowl, combine the flours, oats, baking powder, salt, raisins and sugar.
2. In another bowl, **briefly** beat together the buttermilk, banana, egg and oil with a fork until combined and then pour into the flour mixture. Mix until just combined. **DON'T OVERMIX!**
3. Leave the batter to stand for 5 minutes (you can make the batter up to 24 hours in advance and chill in the fridge, if you like).
4. Heat a pancake pan or non-stick frying pan to a medium heat and add a little oil or melted butter. Make several small blinis of 8-10 cm in diameter by spooning a tablespoon of batter per blini into the pan and cook for a couple of minutes.
5. When little bubbles appear on the surface, flip the blinis and cook on the other side for another couple of minutes until well risen and cooked through.
6. Serve plain or with a little sugar or syrup.

Lemon chicken kebabs

Packed with high quality protein, vitamins and minerals, these kebabs make an easy midweek meal or weekend lunch.

Nutrition per serving

| | |
|-------------------------|--------------------------|
| Energy (kcal) 252 | Protein (g) 27 |
| Carbohydrate (g) 2 | Fat (g) 15 |
| Of which sugars (g) 1.5 | Of which saturates (g) 3 |
| Salt (g) 0.3 | Fibre (g) 0.5 |

Prep – 10 mins + 1 – 24 hrs to marinate

Cook – 10 mins

Equipment – kebab skewers, mixing bowl, pestle & mortar, tablespoon

Ingredients for 4 skewers

4 boneless, skinless free-range chicken breasts, cut into 1"/2.5cm cubes
4 tbsp olive oil
2 small lemons, juice and zest
2 cloves garlic, not peeled, crushed with the side of a flat knife
2 tsp coriander seed, roughly ground with a pestle and mortar
1 tsp mild paprika
2 tsp oregano, tarragon or thyme
Salt and freshly ground black pepper

Method

1. First get the chicken in the marinade; place the cubes of chicken into a mixing bowl and add the rest of the ingredients. If time, cover and chill from anything between one to 24 hours to let the flavours infuse.
2. If you are using bamboo skewers, soak them in a bowl of water for 30 minutes or so before using them so that they don't burn when you cook the kebabs.
3. Thread the chicken cubes onto the kebab sticks. Keep the marinade for basting.
4. Heat the griddle, grill or barbecue so that it is really hot and cook the kebabs for about 10 minutes, turning and basting with the marinade every few minutes, until crisp and brown on the outside and just cooked through on the inside. Take care not to overcook, as the chicken will go dry.
5. Serve with warmed pitta bread or wraps, a little chilli sauce, and some salad.

Cook double the quantity; they taste just as good cold, as a lunchbox treat

Chickpea felafel

Felafel have been a staple in the Middle Eastern diet for centuries and are either eaten on their own, as part of a mezze or tucked into pitta bread with salad, tomatoes and usually tahini or yoghurt sauce. Low G.I. (slow-release carbohydrate), low in fat and extremely nutritious, they are packed with antioxidants to boost the immune system, plus carbohydrate, protein, vitamins, fibre and minerals such as iron, calcium and zinc.

Nutrition per serving

| | |
|------------------------|--------------------------|
| Energy (kcal) 305 | Protein (g) 18 |
| Carbohydrate (g) 49 | Fat (g) 5.5 |
| Of which sugars (g) 11 | Of which saturates (g) 1 |
| Salt (g) 4 | Fibre (g) 7 |

Prep – 10 mins + 30 mins in fridge

Cook – 10 minutes

Equipment – food processor, non-stick frying pan, teaspoon, tablespoon, spatula, large plate

Ingredients

410g can chickpeas, drained
Juice of ½ a lemon
2 cloves of garlic peeled and chopped
1 tsp ground cumin
1 tsp ground coriander
½ tsp cayenne pepper
1 fresh green chilli, deseeded and finely chopped
1 dessertspoon tahini (optional)
1 tsp salt
50g plain flour
1 tsp baking powder
2 tbsp fresh parsley, chopped
1 tbsp fresh mint, chopped
Rapeseed, groundnut or sunflower oil for frying

Method

1. Mix together the chickpeas with the lemon juice, garlic, cumin, coriander, cayenne, fresh chilli, tahini and salt and puree in a food processor until fairly smooth.
2. Add the flour, the baking powder and the chopped herbs and mix together.
3. Roll the mixture into little balls the size of a walnut (about 3cm in diameter) and let them set in the fridge for 30 minutes.
4. Heat some oil in a non-stick frying pan to fry the felafel – you need quite a lot of oil, to cover the pan by ½cm in depth. When the oil is nice and hot, place the balls into the oil, push them gently down with a spoon to form little patties. Fry them gently for about 4 minutes on each side, so that they form a golden crust. You may need to do this in batches. Remove and place on a piece of kitchen paper to eliminate any excess oil.
5. Serve the felafel with some natural yoghurt or tahini sauce, lemon wedges and, if you like, a herby salad and some warmed pitta or wraps.

Mexican guacamole and homemade tortilla chips

Delicious with guacamole, but equally good with hummus, salsa or turn them into nachos by melting cheese over them under the grill. Corn tortillas are naturally low in fat and sodium, and provide calcium, potassium, fibre, iron and B vitamins. You've also got plenty of healthy fats, minerals and vitamins from the avocados in the guacamole.

Ingredients

Tortilla chips

A pack of 8 corn tortilla wraps
cold pressed rapeseed oil
salt

Guacamole

2-3 large, ripe avocados
1 medium tomato, seeded and diced
½ red onion, peeled and diced
1 green chilli, seeded and diced (you can adjust this to your taste)
small handful of coriander leaves, roughly chopped
juice of 1 lime
salt and freshly ground black pepper to taste

The Aztecs used a lot of maize (corn) in their cooking; maize tortillas date back to 10,000 BC, and still remain a staple food in Mexico and Central America.

Serves 4-6

Prep - 10 mins

Cook - 8 mins

Equipment – baking tray, pastry brush, grater, pestle & mortar, sharp knife, bowl, spoon

Method - tortilla chips

1. Pre-heat the oven to 200/gas mark 6.
2. Cut each tortilla wrap into 8 triangles (although you can cut any shape you like really).
3. Lay the triangles onto a large baking sheet. Brush with a little oil and lightly sprinkle with salt.
4. Bake in the oven for about 8 minutes, until the chips start to brown slightly and curl up at the edges.
5. Leave to cool for 5 minutes and they will crisp up like magic!

Method - guacamole

1. Grate half the onion and mash to a paste with half the chilli and a pinch of salt in a pestle and mortar.
2. Cut the avocados in half, remove the stones and scoop out the flesh. On a plate, roughly mash with a fork.
3. Transfer to a bowl and stir in the onion/chilli paste, then add half the lime juice, the rest of the onion and chilli, the tomato and the coriander.
4. Season with plenty of black pepper and more salt, according to taste.
5. Have a final taste. If you think it needs a bit more pzazz, add some more lime juice, chilli or coriander.
6. Serve with the tortilla chips.

Sweet Potato Wedges

A healthy and more sustaining alternative to chips, these wedges make a fantastic accompaniment to meat or fish, or just serve them on their own with a sour cream dip.

Nutrition per serving

| | |
|-----------------------|--------------------------|
| Energy (kcal) 268 | Protein (g) 3 |
| Carbohydrate (g) 56 | Fat (g) 4 |
| Of which sugars (g) 1 | Of which saturates (g) - |
| Salt (g) trace | Fibre (g) 8 |

Prep – 2 mins, Cook– 30 - 40 mins

Equipment – baking tray, potato peeler, sharp knife

Ingredients to serve 4

800g sweet potatoes, washed and cut into thick wedges
1 tbsp rapeseed oil
1 pinch paprika
1 tsp dried thyme or rosemary
Sea salt

Method

1. Pre-heat the oven to 200°C/gas mark 6.
2. Soak the sweet potato wedges in cold water for a few minutes, drain and dry with some kitchen towel.
3. Toss the sweet potato with the oil, paprika, herbs and salt.
4. Arrange on a roasting dish, skin side down, and roast for 30-40 minutes until crisp and golden. Sprinkle on some more sea salt and some freshly ground black pepper and serve.

Chocolate Oranges

These fresh oranges, packed with vitamin C and fibre, dipped into dark chocolate, a powerful source of anti-oxidants and healthy minerals will boost the immune system.

Prep- 5 mins, Cook – 5 mins

Equipment – saucepan, bowl, plate

Ingredients

50 g dark chocolate
1 large orange, peeled and separated into segments

Method

1. Break the chocolate into pieces and place in heatproof bowl.
2. Melt the chocolate in a microwave or in the bowl, set over a pan of simmering water.
3. Dip the orange segments into the chocolate and transfer to a plate.
4. Refrigerate for 10 minutes to firm up the chocolate.
5. If you don't eat immediately, cover with cling film to prevent the orange segments from drying out.

Blueberry Yoghurt Smoothie

Rich in vitamin C, carbohydrate, protein and minerals, this tasty smoothie makes a sustaining and satisfying breakfast drink or refreshing after school snack.

Nutrition per serving

| | |
|------------------------|--------------------------|
| Energy (kcal) 191 | Protein (g) 8.3 |
| Carbohydrate (g) 27 | Fat (g) 6 |
| Of which sugars (g) 24 | Of which saturates (g) 4 |
| Salt (g) trace | Fibre (g) 2 |

Prep – 2 mins

Equipment – electric blender, glasses

Ingredients to make

2 glasses

150g blueberries, fresh or frozen
250g natural yoghurt
200ml milk
2 tsp runny honey
A couple of drops of vanilla essence
4 ice cubes

Method

1. Put everything in the blender and whiz until smooth. Taste for sweetness and add more honey if required.
2. Pour into two long glasses and drink.

Great to boost energy before sport, to help muscles recover after sport or, simply, as a tasty and refreshing drink to impress your friends...

Pasta with Fresh Pesto

The balance of ingredients in pesto really depends on taste, so don't worry too much about exact quantities.

Nutrition per serving

| | |
|-----------------------|--------------------------|
| Energy (kcal) 509 | Protein (g) 19 |
| Carbohydrate (g) 58 | Fat (g) 23 |
| Of which sugars (g) - | Of which saturates (g) 4 |
| Salt (g) 0.5 | Fibre (g) 1 |

Prep – 5 mins

Cook – < 5 mins

Equipment – large saucepan, pestle & mortar

Grill a few rashers of streaky bacon until very crisp, break up and sprinkle over the finished dish to add a meaty crunch.

Ingredients to serve 4

400g pasta
50g pack of fresh basil leaves, stalks removed roughly chopped
1 small clove garlic, peeled and chopped
Pinch of sea salt
Freshly ground black pepper
50g handful pine nuts, lightly toasted if you like
50g parmesan cheese, grated
50 ml extra virgin olive oil
Squeeze of lemon juice

Method

1. Pound the garlic, salt and the basil leaves in a pestle and mortar or food processor. Add the pine nuts, pepper and olive oil and pound or process again until the required consistency is achieved. Add the parmesan cheese and stir in. Add lemon juice to taste.
2. Cook the pasta, according to pack instructions.
3. Warm the pesto sauce in a saucepan.
4. Drain the pasta, reserving a little of the cooking water to stop the pasta sticking together. Add to the pesto sauce, gently shaking the pan to coat the pasta with the pesto. Serve in warmed pasta bowls and decorate with some more fresh basil and parmesan shavings.

Crunchy Granola

Try this tasty granola. Crunchy and packed with nutritious energy, slow-release carbohydrates, protein, healthy fats, vitamins and minerals, it's much healthier than many shop-bought cereals. Great for breakfast, with fresh fruit, fruit compote and yoghurt, or as a pre-training energy boosting snack.

Nutrition per serving

| | |
|-----------------------|--------------------------|
| Energy (kcal) 250 | Protein (g) 6 |
| Carbohydrate (g) 31 | Fat (g) 12 |
| Of which sugars (g) 6 | Of which saturates (g) 1 |
| Salt (g) trace | Fibre (g) 5 |

Prep – 2 mins

Cook – 20 mins

Equipment – baking tray, mixing bowl x 2

Ingredients for 8 servings

200g unrefined whole rolled porridge oats
250g mixed nuts and seeds (e.g. flaked almonds, sunflower & pumpkin seeds, walnuts, pistachios, pecans, hazelnuts)
½ tsp cinnamon
½ tsp ground ginger
2 tbsp honey or maple syrup
2 tbsp sunflower oil
2 tbsp water
100g mixed dried fruit (raisins, crystallised ginger, dried apricots, figs and/or dates), chopped (optional)

Method

1. Preheat the oven to 180°C/gas mark 4.
2. Mix together the oats, nuts and seeds with the spices, honey, oil and water.
3. Spread the mixture evenly onto a large baking sheet.
4. Bake for 20 minutes until golden brown, turning the mixture after 10 minutes for it to brown evenly.
5. Leave to cool for 5 minutes or so. It will crisp up like magic.
6. Add the dried fruit, if using.
7. Store in an airtight container for up to three weeks.

Shop-bought cereals are often highly-processed and packed with sugar. This granola tastes sweet, but is relatively low in sugar

Go Faster Date, Apricot & Sunflower Seed Flapjacks

Crisp and crunchy on the outside, gooey and moist on the inside, and crammed with hidden goodness

Chop the dried fruit and seeds very finely. Make a batch of these to pop into the lunch box or to munch on the journey to the sports fixture.

Nutrition per serving

| | |
|------------------------|--------------------------|
| Energy (kcal) 180 | Protein (g) 3 |
| Carbohydrate (g) 18 | Fat (g) 11 |
| Of which sugars (g) 10 | Of which saturates (g) 4 |
| Salt (g) 0.1 | Fibre (g) 1.5 |

Prep – 5-10 mins

Cook – 15-20 mins

Equipment – baking tray, mixing bowl x 2

Ingredients for 12 bars

75g butter
2 tbsp golden syrup (dip the spoon in hot water before using so the syrup is easier to pour)
1 tbsp soft light brown sugar
75g mix of dried apricots and dates, without stones, chopped as finely as possible
50g sunflower seeds
zest of a lemon
200g porridge oats (half jumbo/half traditional)

Method

1. Preheat the oven to 170°C/gas mark 3. Grease and line a 20cm square shallow cake tin.
2. In a saucepan, melt the butter with the sugar and syrup on a low heat and, when the sugar has dissolved, add the fruit and sunflower seeds, lemon zest and then the porridge oats. Mix together really well. If the mixture seems sloppy, add another handful of oats.
3. Turn the mixture into the tin and press down with the back of a spoon or your fingers.
4. Bake in the oven for 15–20 minutes until golden. Remove the tin from the oven and set on a wire rack.
5. Leave to cool for 10 minutes or so and then mark into fingers or squares with a really sharp knife.
6. **Remove the flapjacks from the tin when they are completely cool and firm, otherwise they will fall apart!**

About Go Faster Food

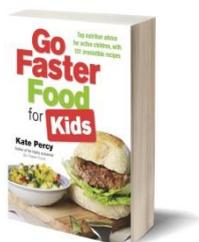


Athlete, food for fitness expert and cook, Kate Percy is passionate about the link between what we eat and how we perform and feel. Her *Go Faster Food* website and series of books [Go Faster Food](#), [FuelSmart for Race Day](#) and [Go Faster Food for Kids](#), put the theory of good eating into practice with sound nutrition tips and mouth-watering, healthy recipes, all designed to fuel your life so you can achieve your very best.

Kate Percy's *Go Faster Food* "Eat like an Athlete" schools programme uses the link between sport and healthy eating to inspire children to eat better food. Her 'N is for nutrition' contribution to United Learning's 'A-Z of School Improvement through PE & Sport' brings the application of sports nutrition to the classroom, exploring the effects of good nutrition on both short-term mood and the longer-term brain structures that can enhance academic performance.

In addition to her schools programme, Kate Percy has worked on school projects linking sport and healthy eating with BBC Learning, and Sky Sports, is a member of the Fitness Writers' Association and writes a monthly recipe feature for *Running Fitness* and *220 Triathlon* magazines, as well as recipes and ideas on eating for performance for other fitness and health publications and the national press. Kate also works as a consultant for brands including *Pink Lady® Apples* in their sponsorship of the Race for Life, and outdoor fitness gear specialists, *Merrell*.

Go Faster Food for Kids by Kate Percy



A unique combination of over 100 tasty recipes and practical healthy eating advice, all geared towards helping children achieve their potential, in sport, at school and in life.

For more information, visit www.gofasterfood.com



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