

## Racing Fuel – Recipe 1

### No bake Peanut Butter Protein Balls

#### Ingredients

- 3 cups oats
- 1 cup peanut butter
- Half cup dark cocoa powder (or to taste)
- Qtr cup runny honey
- Third cup water (or coconut water)

#### Cooking / Method

- Can add some flax seeds or equivalent; can add tiny bit more honey and or water if you add seeds.
- Put all ingredients into a bowl, mix well and form into 1-inch balls.
- You can refrigerate or freeze for a sweet energy bite.

## Racing Fuel – Recipe 2

### No bake Blueberry Coconut balls

#### Ingredients

- 1 cup blueberries or blueberry jam
- 1 and half cup of coconut flour
- Qtr cup syrup
- Qtr cup milk (can be any: nut milk, soy, cows etc)
- Qtr cup shredded coconut
- Half teaspoon salt

#### Cooking / Method

- Put all ingredients into a bowl except the shredded coconut
- Mix well and form into 1-inch balls
- Spread shredded coconut on a plate and roll the balls in the coconut.
- Refrigerate or freeze.



## Racing Fuel – Recipe 3

### Carrot & Chorizo Bread.....yummy

#### Ingredients

- 100 g chorizo
- 200 g shredded carrots
- 100 g shredded cheddar
- 4 eggs
- 150 g flour
- 5 cl oil & 10 cl milk
- 10 g rising powder
- salt and pepper, coriander leaves (shredded) & cumin



#### Cooking / Method

- Mix eggs, flour, rising powder
- Add milk, oil, shredded cheese
- Remove skin and cut chorizo in small cubes
- Pan fry the shredded carrots, add coriander and cumin
- Add cooked carrots in the dough
- Pour dough in a mold and cook it in the oven for 50 min, temperature 180 degrees Celsius

## Racing Fuel – Recipe 4

### Filippino Suman – an international take on the traditional zongzi

#### Ingredients

- 1 catty sticky rice
- 1 can coconut milk
- 3 tablespoon sugar
- A pinch of salt
- Grounded ginger to taste

#### Cooking / Method

- Bring the coconut milk to boil while stirring.
- Put sugar and salt and finally the rice.
- Keep stirring till the rice is half cooked, 15 min approximately.
- Allow to cool. Take one table spoon of the mix and turn it into cm 10x2 cylinders.
- Wrap in banana leaves and tie tight. Steam the wraps 30 to 45 min.
- The same can be prepared with no sugar..



## Racing Fuel – Recipe 5

### Steak & Avocado Wraps – power up!

#### Ingredients (per 2 wraps)

- 250g steak (preference on your cut, but striploin or thin cut is good)
- 1 avocado
- Lettuce
- Wraps (suggest vegetarian wraps)
- Teriyaki sauce
- Salt and pepper, butter (or oil) for cooking the steak

#### Cooking / Method

- Marinade the steak overnight with the teriyaki sauce and a little butter and soy sauce
- Cook the steaks in the morning; suggest medium rare so that they are easy to eat
- Slice avocado into strips after removing the skin and nut inside
- Some lettuce leaves for the wraps prepare in slices
- Heat the wraps as per instruction
- Place all ingredients inside and seal in a re-usable box tightly to avoid spillage
- Suggest make at least 2 wraps per person for a full day of racing

## Racing Fuel – Recipe 6

### Bacon & Egg Pita – start the day strong

#### Ingredients (per Pita)

- 3 rashers of bacon (2 sausages also can do)
- 1 egg
- 1 pita bread
- Sauce & Mustard

#### Cooking / Method

- Cook the bacon slowly in a pan
- After switching the bacon over, pop the egg into the pan and fry
- Heat the pita in a toaster and slice open when 'popped'
- Cook the egg on the other side to seal it better
- Put all ingredients in the pita bread with sauce & mustard and devour