

Post training energy boosting snacks

Banana Spread



Serves: 1
Prep time: 5 minutes

Ingredients

- 1 ripe banana
- 1 tbsp clear honey
- 1 heaped tbsp of peanut butter
- Squeeze of lime
- Slice of granary toast

Methods

1. Mash the banana with the honey and peanut butter, add a squeeze of lime.
This will keep in your fridge for several hours
2. Make some toast and get spreading!!

Per serving:

Calories
311

Carbs
47g

Protein
8g

Fat
10g

Sat Fat
2g

Salt
0.5g

1 of 5
a day*

Pitta Pockets

Ingredients

- 1 wholemeal pitta
- Houmous
- 2 handfuls of watercress, spinach and rocket salad
- 1 tsp olive oil



Serves: 1
Prep time: 5 minutes

Methods

3. Halve the pitta bread into 2 pockets and toast until opened, and slather the inside of each with 3 tbsp houmous.
4. Stuff with 2 handfuls of watercress, spinach and rocket salad and drizzle with 1 tsp of olive oil

Per serving:

Calories
284

Carbs
34g

Protein
12g

Fat
11g

Sat Fat
2g

Salt
1.5g

1 of 5
a day*

Adapted from: www.bbcgoodfood.com/recipes

© English Institute of Sport 2011. Prepared by Stephanie Shreeve for education purposes.