

Nutrition to fuel your body – Part 2 Practical Application

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Snack Station

1. Egg Muffins
2. Energy balls
3. Overnight oats



Egg Muffins

Ingredients :

6 eggs

Handful chopped spinach leaves

Pick 2 veg (Handful) chopped cherry tomatoes / red pepper / mushrooms / sweetcorn

Pick a meat of choice – 100g chopped ham / chicken / turkey / smoked salmon

Cheese of choice (feta/cheddar/goats)

Salt & Pepper & chilli flakes (if you like)



- **Method:**

- Pre heat oven to 185 degree C. Line your muffin tin with bun cases or use a non-stick muffin tray
- Whisk the eggs, add all the chopped ingredients and salt & pepper (and chilli flakes if using)
- Divide evenly between the 6 cases (use a spoon to lift out veg/meat into all cases)
- Bake for 15-18 minutes until the muffins are puffed up and set. They can be served warm or cold.

Energy Balls

Make along during session - Energy balls

Ingredients:

48 Mixed nuts e.g. almonds and cashews

6 dessertspoons desiccated coconut

12 Dates

Optional – dark choc to drizzle over





Energy Balls Option 2

Ingredients (makes 10-12):

2 tablespoons honey

2 scoops (~100g) skimmed milk powder

2 tablespoons cocoa powder

16 dates (pitted)

2 tablespoons water

2 tablespoons coconut oil

200g almonds

100g cashew nuts

2 tablespoons chia seeds / flaxseed

Method:



Place the almonds in the nutribullet & pulse until they are nicely crushed – move to a large bowl.

Do the same with the cashews & seeds.

Now add the dates, coconut oil, honey & water to the nutribullet & blitz – move to the large bowl.

To the bowl add the cocoa powder and skimmed milk powder.

Mix all the ingredients together until they are well combined (mixture will be thick & sticky – add a little extra water if necessary).

Take a dessertspoon of the mixture and roll into a ball. Continue until the mixture is finished.

Place the rolled balls into the freezer for around 1 hour, remove & store in a container in the fridge. (Alternatively, you can store them in the freezer and take them out a few minutes before you want to eat them).

Smoothie – Basic Recipe



Total prep time = < 2mins

Ingredients:

- 1 x banana
- 1 x handful strawberries
- 250ml milk
- 125g Natural Yogurt
- 40g Oats (2 heaped tablespoons)
- 1 teaspoon honey
- 1 heaped teaspoon Peanut Butter (optional)
- ½ Avocado (optional)
- Optional Extras: Chia seed, Cinnamon, Cocoa

Instructions:

- Blitz all the ingredients together in your blender and either use as a breakfast or refuel option during the day



Smoothie Ideas

<https://www.sportireland.ie/institute/performance-service/nutrition/nutrition-resources>

<https://linwoodshealthfoods.com>

<https://www.ais.gov.au/nutrition/recipes/berry-and-banana-smoothie#!>

