HOMEMADE SPORT SNACK RECIPES

The following are several interesting ideas for homemade sport snacks that you can use in your triathlon training. They not only can provide some taste variety, but they are definitely easier on the wallet than the commercial energy bars. The following recipes are generally low or non fat (except those containing peanut butter). However, a little fat usually results in better taste, and is often important to keep one eating, so try to find the balance for your tastes. Remember, these recipes are designed for use in sport and will not win you any praise at your next party.

**Energy Bar**
- 3 cups of uncooked oatmeal (Quaker Oats)
- 1 cup of dried mixed fruit, chocolate chips, fruit bits, or favorite ingredient
- 3/4 cup of brown sugar or molasses
- 1 cup honey
- 8 ounces of non fat vanilla yogurt
- 1 cup of apple sauce
- 2 egg whites, lightly beaten
- 2 tablespoons of skim milk
- 2 teaspoons of vanilla
- 1 teaspoon of baking soda
- 1 teaspoon of ground cinnamon

Combine the ingredients in a large bowl and mix thoroughly. Spread out in a lightly greased baking pan and bake @ 350 degrees Fahrenheit for 28-30 minutes. Enjoy!

**Tip:** You can adjust the sugar content of the recipe to reflect how you want to use the bars. Example: For a post ride or race carbohydrate replacement bar, use glucose (high GI) as the primary sugar instead of honey, brown sugar, and molasses. For a recovery bar add some protein powder in a 1:4 ratio to sugars/carbohydrate.

**Puddings (fat free)**
Make with skim milk for a fat free, high carbo treat on the bike.
4 ounces = approx. 100 Cal and 22 grams of carbo

**Brownies (fat free)**
Follow the directions on the premixed package, but substitute 1 banana and ½ cup nonfat yogurt for the oil and eggs. Be careful with nuts and toppings which will add loads of fat.
1 average serving = 100 Calories and 18 grams of carbo

**Dry cereal in a sandwich bag** - Capt. Crunch, Cinnamon Apple Cheerios
1 ounce = 110 Cal and 25 grams of carbo
**Pancake Sandwich**
Toast or microwave 2 frozen pancakes (waffles)
Spread with jam and wrap in a baggie
- 4 inch pancakes + jam = 195 Cal and 35 gram of carbo

**Energy "gel"**
Mix an energy drink at 5 times the recommended concentration (cytomax tropical fruit was the brand mentioned) and then carry a second water bottle to wash it down.

**Almost Cheesecake**
Sandwich shortbread cookies with non fat cream cheese and raspberry jam. The three components can be carried separately and mixed during stops as well.

**Commercial squeeze tubes (refillable)**
fruit prepared as baby food
bananas and peanut butter mashed together
peanut butter and banana flavored energy gel

**Trail putty**
½ cup of peanut butter
2 tablespoons honey
2 ½ tablespoons dried non fat powdered milk
½ cup raisins
Roll into a log, then roll in coconut or chocolate.
Chill and then wrap in plastic wrap.
**Four blender ideas** - for before or after the ride

1)  
½ cup orange juice  
½ cup pineapple juice  
2 bananas  
touch of honey  

2)  
plain non fat yogurt  
skim milk  
banana  
pineapple chunks  
ice cubes  

3)  
milk  
orange juice  
bananas  

4)  
cranberry juice  
orange juice  
strawberries  
pineapple chunks  
bananas  
frozen fruit bars ice cubes

**Muffins** These may be the ideal cycling snack. It's just a handful in size, and can be tailored to your needs. The only drawback is that they tend to crumble the longer they are in your jersey. Here's one recipe for an example:

Oatmeal raisin muffins  
1 ½ cups whole wheat (or white) flour  
1 cup uncooked oatmeal  
1 tablespoon baking powder  
3 tablespoons sugar (try honey if you'd like)  
½ cup raisins (other fruits are optional)  
1/4 - ½ cup nuts if desired (they are high in fat)  
2 egg whites  
1 cup non fat milk  
1/4 cup vegetable oil

Preheat oven to 400 F. Mix flour, oatmeal, baking powder, sugar, and raisins in a large bowl. In a second bowl beat egg whites, then stir in milk and oil. Add liquid to flour mixture and stir till blended - do not overmix. Bake 15 to 20 min. until muffins spring back when touched.
HOMEMADE SPORTS DRINKS

For many years it was believed that a 2.5% concentration (glucose or glucose polymer molecules) was the maximum that could be tolerated without delaying gastric emptying and producing nausea. However a recent study of cyclists demonstrated normal gastric emptying with 6 to 8% solutions, and nausea occurred only when concentrations were pushed above 11%. The old standbys - fruit juices and cola drinks - have a sugar concentration of around 10% (a typical carbonated drink will contain 38 grams of sugar per 12 ounces with 140 Calories). Although sports drinks supplemented with glucose polymers can provide more Calories per quart at the target 10 - 11% concentration, studies have failed to demonstrate a performance advantage of complex carbohydrate drinks over those composed of simple sugars if the same total Calories were ingested. The advantage of the polymers is the absence of a sweet taste and nauseating properties of high concentration glucose drinks, which can be a barrier to maintaining an adequate fluid intake.

Many people enjoy their own homemade versions of commercial sports drinks. The basic recipe is not complicated and homemade sports drinks can provide all of the same benefits when mixed properly. Gatorade (tm) is formulated to give the following per 8oz serving:

14 grams Carbohydrate (5.9%)
110 mg Sodium
30 mg Potassium
52 Calories

Alternatives to this commercial product can be made using one of the following recipes:

Recipe #1

10 tbs. sugar (5/8 cups or 120 grams)
.75 tsp Morton Lite salt (4.2 grams)
1 package of unsweetened Coolade mix for flavor

Water to make 2 liters

Nutrition Information (per 8 ounces). The recipe will give a total of 124 grams of solute which in 2 liters water gives a total of 6.2% concentration.

14.2 grams carbohydrate (6%)
53 calories
103 mg Sodium
121 mg Potassium

You'll notice that the amount of potassium is quite a bit higher than Gatorade, but the rest is pretty
As excess potassium is eliminated from the body by the kidneys, and some experts feel a high potassium helps to minimize muscle cramps - and hypertension if taken long term - this is not necessarily bad. However, if you wanted to reduce the potassium to the level of a Gatorade product, another option would be to use \( \frac{1}{2} \) tsp. each of regular salt and the Morton Lite Salt. This would change the composition to:

- 104mg sodium
- 40mg potassium

Recipe #2 (if you wanted to reduce the amount of potassium, or simply didn't want to buy some Morton Lite Salt)

- \( \frac{1}{2} \) cup orange juice
- 9 tbs. Sugar
- 3/8 tsp Salt
- Water to 2 liters

Nutrition Information (per 8 ounces):
- 14.4 grams carb (6.1%)
- 104 mg sodium
- 28.4 mg Potassium

(you could substitute 2 tbs. of lemon juice for the orange juice and it would come out the same - or at least close).

Recipe #3 (using cups and quarts)

- 4 tablespoons sugar
- 1/4 teaspoon salt
- 1/4 cup boiling water
- 1/4 cup orange juice (not concentrate) or 2 tablespoons lemon juice
- 3-3/4 cups cold water

1. In the bottom of a pitcher, dissolve the sugar and salt in the hot water.
2. Add the juice and the remaining water; chill.

Yield: 1 quart

Nutrition Information (per 8 ounces):
- Calories - 50
- carbohydrate 12 grams
- sodium 110 milligrams
- potassium 30 milligrams

Recipe #4 (if you prefer an all fructose drink)
125 ml (½ c) orange juice (or other sugar-containing beverage)
125 ml (½ c) water
0.25 ml (pinch) salt
Nutrition Information (per 8 ounces):
Calories - 59
carbohydrates 14 grams
sodium - 118 mg
Recipe #5 Lemon-orange sports drink
1 caffeine-free lemon tea bag
Water
2 tablespoons sugar
1/8 teaspoon salt
4 tablespoons orange juice
Bring 16 ounces of water to a boil.
Steep lemon tea bag.
Dissolve sugar and salt in the tea and let cool.
Combine the tea and orange juice and chill.
Nutrition Information (per 8 ounces):
Calories - 60
carbohydrates - 15g
sodium -130mg

© 2004 TriKC Triathlon Club