

Recipe of the Month

by Sally Anderson.

Apple to Zucchini / Sports Nutrition

www.appletozucchini.com.au

RIDE COOKIES – APRICOT & YOGHURT

INGREDIENTS (MAKES 16-24)

175g plain flour

1 tsp baking powder

2 tsp cinnamon

75g rolled oats

75g brown sugar

115g dried apricots (chopped)

1 Tbsp flaked almonds

165g natural yoghurt

45mL oil (sunflower/macadamia etc)

OPTIONAL: 100g block 70-90% cocoa chocolate

METHOD

Pre-heat oven to 180°C; grease/line 1 baking tray

In a mixing bowl, sift the flour, baking powder & cinnamon. Stir in oats, sugar, apricots & nuts.

Beat together the yoghurt & oil, then add to the flour mixture – stir until well combined.

Use your hands to roll small balls (approx 16-20), place on the tray & flatten.

If adding the chocolate add some chunks to the top of the cookies before baking. Or melt and dip cookies in after baked & cooled.

Bake for 15-20 minutes, or until golden.

Cool & eat!



Ride Cookies are as a great snack for any athlete, but with a little more protein than the average energy bar, they also work well for nutrition on a long run, or mixing up flavours/textures on long rides.