

NETBALL

2019/2020

FOOD IDEAS

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SWSAS NETBALL 2019/2020

Nutrition Session Recipes

LINKS TO USEFUL SITES, INCLUDING RECIPES

- Australian Institute of Sport Recipes - <https://ais.gov.au/nutrition/recipes>
- Sports Dietitians Australia Recipes - <https://www.sportsdietitians.com.au/recipes/>
- NSW Institute of Sport Nutrition - <https://www.nswis.com.au/category/nutrition/>
- Sports Dietitians Australia "Food for Netball" - <https://www.sportsdietitians.com.au/factsheets/food-for-your-sport/food-for-your-sport-netball/>
- Woolworths "You Grow Girl" Recipes - <https://yougrowgirl.netball.com.au/recipes/>
- NetFit Netball Nutrition - <https://netfitnetball.com.au/category/nutrition/>
- HCF Summer Sport Recipe Ideas for Kids - <https://www.hcf.com.au/health-agenda/body-mind/netball/summer-sport-recipe-ideas-kids>
- HCF Healthy Snacks for Kids - <https://www.hcf.com.au/health-agenda/food-diet/recipes/healthy-snacks-for-kids>
- Coast Sport Recipe Book - <https://www.coastsport.com.au/wp-content/uploads/2019/03/Coast-Sport-Recipe-Book.pdf>
- Nat Von Bertouch Recipes - <https://www.natvonbertouch.com/recipes/>

RICE PAPER ROLLS

https://ais.gov.au/nutrition/recipes/rice_paper_rolls |

Australian Institute of Sport Website

PREPARATION TIME: 20 MINUTES

MAKES: 12



INGREDIENTS:

- 12 rice paper sheets
- 450g barbecue chicken, shredded
- 1 Lebanese cucumber, seeded and julienned
- 1 small carrot, grated
- ½ small red capsicum, finely sliced
- 100g snow peas, sliced lengthways
- ½ cup mint leaves

SAUCE

- 1 tbsp rice wine vinegar
- 1 tbsp lime juice
- 3 tsp caster sugar
- 1 tbsp MAGGI Sweet Chilli Sauce
- 1 tsp MAGGI Authentic Fish Sauce

METHOD:

1. Combine sauce ingredients and set aside.
2. Fill a large dish with warm water. Soak one sheet of rice paper until it softens.
3. Remove from water and place on clean chopping board.
4. Place a small amount of chicken, vegetables and mint leaves in centre of rice paper.
5. Fold ends of the rice paper and roll up firmly to enclose filling.
6. Repeat with remaining sheets of rice paper. Serve with sauce.

HOMEMADE CHOC BANANA PROTEIN SHAKE

<https://shiftnutrition.com.au/recipe/high-protein-choc-banana-smoothie/>

Shift Nutrition Website

PREPARATION TIME: 5 MINUTES

SERVES: 1

INGREDIENTS:

- ½ cup reduced fat Greek yoghurt
- 1 cup reduced fat milk
- 1 banana
- 1 teaspoon cocoa
- 3 tablespoons rolled oats
- 2 teaspoons honey (optional)



METHOD:

1. Combine all ingredients in a blender and blend until smooth.
2. Pour into a glass and serve.

COCONUT LIME BALLS

<https://www.sportsdietitians.com.au/recipes/coconut-lime-balls/>

Sports Dietitians Australia Website

PREPARATION TIME: 5 MINUTES

MAKES: 12 BALLS

INGREDIENTS:

- 2/3 cup raw cashews
- 1/3 cup raw almonds
- 1 cup fresh dates (seeds removed)
- Zest of 2 limes
- Fresh juice from 1 lime
- 1/2 cup shredded coconut

METHOD:

1. Blend all the ingredients, except coconut, until the mix becomes breadcrumb like consistency.
2. With damp hands, roll into walnut sized balls, and roll in coconut.
3. Refrigerate until ready to eat.



BREAKFAST PARFAIT

<https://wellnourished.com.au/breakfast-parfait/>

Well Nourished Website

PREPARATION TIME: 5 MINUTES

SERVES: 4

INGREDIENTS:

- 2 cups toasted muesli
- 250 g full-fat natural yoghurt
- 1 cup mixed berries (frozen is fine or stewed fruit like rhubarb and apple)
- ¼ cup flaked almonds -toasted
- *Optional extra – 2 tbsp rice malt syrup, honey or maple syrup*



METHOD:

1. Layer each ingredient into four tumbler glasses or glass jars, starting with a few spoonful's of yoghurt, and alternating layers of muesli and fruit and finishing with the yoghurt.
2. Top with toasted almonds, berries or optional extras.
3. Serve immediately.

ITALIAN CRUSTY BREAD & TOMATO SALAD

<https://www.sportsdietitians.com.au/recipes/italian-crusty-bread-tomato-salad/>

Sports Dietitians Australia Website

PREPARATION TIME: 15 MINUTES

SERVES: 4



INGREDIENTS:

- 1 bunch basil leaves
- 1 medium Lebanese cucumber
- 500 g cherry tomatoes
- 80 g feta
- 2 tbs extra virgin olive oil
- 2 tbs balsamic vinegar
- 5 thick slices of sourdough

METHOD:

1. Tear sourdough into bite size pieces, and toast under grill until light brown and crisp.
2. Chop tomatoes into halves/ quarters depending on size.
3. In a bowl mix together cherry tomatoes and sliced cucumber, add in toasted sourdough pieces.
4. Place in a large serving dish and scatter with torn basil leaves and crumbled feta.
5. In a small jar place olive oil and balsamic vinegar. When ready to serve, shake the jar until combined and drizzle over the salad.

NOTE: CAN SUBSTITUTE SOURDOUGH FOR CANNED TUNA/BBQ CHICKEN

HOMEMADE MUESLI BARS

<https://netfitnetball.com.au/homemade-muesli-bars/>

NetFit Netball

PREPARATION TIME: 15
MINUTES
MAKES: 12 BARS



INGREDIENTS:

- 160g almond meal
- 100g rolled oats
- 2 tbsp quinoa
- 2 tbsp chia seeds
- 60g pumpkin seeds
- 60g sunflower seeds
- 2 tbsp desiccated coconut
- 10 Medjool dates, pitted and chopped
- 50g dried cranberries, chopped
- 2 tbsp cacao powder
- ½ tsp ground cinnamon
- 2 tbsp maple syrup
- 1 tbsp tahini
- 2 tbsp water

METHOD:

1. Grease a 20cm square baking pan with oil spray and line with baking paper or plastic film.
2. Place all the dry ingredients, dates and cranberries in a large bowl and mix to combine.
3. In a second bowl, whisk the maple syrup, tahini and water together until smooth. Pour over the dry ingredients and mix until well combined. Add extra water if the mixture is too dry.
4. Press the mixture into the lined baking pan, cover with plastic film and refrigerate for 1-2 hours.
5. Carefully turn the pan over onto a chopping board and remove the baking paper or plastic film. Cut into 12 bars and store in the refrigerator in an airtight container. Enjoy!

APPLE DOUGHNUTS

<https://yougrowgirl.netball.com.au/recipes/apple-doughnuts-3-ways/>

Woolworths "You Go Girl"

PREPARATION TIME: 10 MINUTES

SERVES: 4

INGREDIENTS:

- 4 apples
- 1/3 cup light Greek-style yoghurt
- 1 tbs rolled oats
- 2 tsp shredded coconut
- 1 tsp ground cinnamon
- 1 carrot, grated
- 16 sultanas
- 1 tbs pumpkin seeds
- 8 strawberries, finely diced
- 1 tbs sunflower seeds



METHOD:

1. Slice apples and use a small cookie cutter to remove cores. Spread yoghurt over each apple slice.
2. To make cinnamon crunch apple doughnuts, scatter rolled oats, coconut and cinnamon over yoghurt.
3. To make carrot cake apple doughnuts, scatter carrot, sultanas and pumpkin seeds over yoghurt.
4. To make strawberry jam apple doughnuts, place strawberry onto yogurt and scatter with sunflower seeds