

RECIPES FOR EXERCISE RECOVERY



**Advice from Karen Inge, APD,
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Involved in strenuous training or playing sports regularly? Diet is the key to success.

One of the biggest challenges for an athlete is to be able to train hard without getting sick, injured or tired. Your body needs to be able to recover well between training sessions and that's where diet plays a key role.

Carbohydrate foods should form the basis of a healthy training and recovery diet. The best sources of carbohydrate-rich foods are those that are nutrient-rich, which means they contain other nutrients as well as the carbs.

For example breads and breakfast cereals, grain foods like pasta, rice, buckwheat, fruit, starchy vegetables, legumes, and low fat dairy products like Jalna Yoghurts.

Protein is essential in the diet for all of us, but athletes or people who are very physically active do need more protein than sedentary people.

But it is important to ensure that you are eating good quality protein foods which means they contain all of the essential amino acids like Jalna Yoghurt and other dairy foods like cheese and milk (reduced fat is preferable) plus eggs, lean meat, fish, poultry without the skin and tofu.

Your body also needs to be able to recover well between training sessions and that's where what you eat after training or competing really matters.

Important considerations are refuelling the carbohydrate stores, replacing the fluids and electrolytes (salts) lost in sweat, repairing the muscle and cell damage that may occur and helping maintain a strong immune system.

Jalna Yoghurt is a perfect recovery food because it contains a mix of protein for muscle repair, carbohydrate for refuelling and calcium and other nutrients to help keep the body strong.

All Jalna Yoghurts have the added benefit of helping the immune system by providing an excellent source of aBc probiotics or 'friendly' bacteria which have been shown to have immune system benefits.

Here are some quick and easy Jalna recipes that are perfect for recovery snacks after strenuous training or when you need an energy boost.



Bircher Muesli



Ingredients

Serves 4-6

2 cups rolled oats

160ml orange juice

1 cup low fat milk

1 tablespoons honey (optional)

1 cup *Jalna Low Fat Greek Natural Yoghurt*

1 cup sultanas

100g mixed fresh fruit (blueberries, sliced bananas, finely diced apple, chopped strawberries, peach or apricot)

50g slivered almonds

Method

Combine rolled oats, orange juice, milk, honey and Jalna Yoghurt. Stand for 2 hours or overnight.

Add the fruit and mix well.

Add slivered almonds and serve.

Nutrition data per serve

Energy	1495kJ
Protein	10g
Total Fat	9.0g
Saturated Fat	1.9g
Carbohydrate	55g
Calcium	188mg
Fibre	5.0g
Sodium	73mg



Pumpkin, Kumera, Cumin & Red Lentil Soup with Yoghurt



Ingredients

Serves 6

- 1kg pumpkin, peeled and diced into 2cm cubes
- 750g kumera, peeled and diced into 2cm cubes
- 1 large red onion, peeled and diced
- 1 cup (200g) red lentils
- 3 tablespoons tomato paste
- Freshly ground black pepper
- 2 litres water
- 1 cup *Jalna Low Fat Greek Natural Yoghurt*
- 4 teaspoons lemon juice, or to taste
- 4 teaspoons ground cumin + extra for garnish

Method

Put pumpkin, kumera, onion, lentils, tomato paste, pepper and water in a large pot and bring to a boil.

Reduce heat and simmer 15 minutes or until vegetables are tender, occasionally skimming any scum from the surface.

Puree mixture with a hand blender or in a food processor, until smooth.

Stir in half the Yoghurt. Add lemon juice and cumin. Taste and adjust seasoning as preferred.

Serve soup with a dollop of remaining yoghurt on top; sprinkle with extra cumin. Serve with crusty wholemeal rolls.

Nutrition data per serve

Energy	1192kJ
Protein	17g
Total Fat	2.7g
Saturated Fat	1.4g
Carbohydrate	47g
Calcium	190mg
Fibre	9.0g
Sodium	128mg



Corn Cakes with Yoghurt & Salsa



Ingredients

Serves 4

- 2 large cobs corn (or about 2 cups frozen corn kernels)
- 3 eggs
- 1 cup *Jalna Low Fat Greek Natural Yoghurt*
- 2 spring onions, finely sliced
- 2/3 cup plain flour
- Salt optional & pepper
- Oil for frying

Corn Salsa

- 1 cob corn, kernels removed and blanched (or 1 cup frozen corn, blanched)
- 1/2 large red capsicum, finely diced
- 1 medium Spanish onion, finely diced
- 1/2 cup cucumber, seeds removed and finely diced
- Salt optional & pepper
- Olive oil

Method

Hold the corn cobs vertically and cut down the length of the cob to remove the corn kernels.

Whisk the eggs and add 1/2 cup *Jalna* Yoghurt. Stir in the corn kernels, spring onions, flour and seasonings.

Heat a non-stick pan over a moderate heat and add oil, just to cover the base. Cook tablespoons of the mixture till golden, then turn and when golden remove onto absorbent paper.

Corn Salsa

Combine corn, capsicum, onion and cucumber. Season with salt (optional) & pepper and a drizzle of olive oil.

Nutrition data per serve

Energy	1547kJ
Protein	16g
Total Fat	11g
Saturated Fat	2.8g
Carbohydrate	47g
Calcium	113mg
Fibre	7.0g
Sodium	117mg



BerryFruit Yoghurt Smoothie



Ingredients

Serves 2

1 cup *Jalna Low Fat BerryFruit Yoghurt*

1 cup low fat milk

1 punnet strawberries or other berries in season (or frozen), leaves removed

Method

Combine all ingredients in a blender and puree until well combined.

Nutrition data per serve

Energy	794kJ
Protein	13g
Total Fat	4.4g
Saturated Fat	2.9g
Carbohydrate	25g
Calcium	349mg
Fibre	1.8g
Sodium	160mg



Banana BerryFruit Loaf



Ingredients

Makes 1 loaf (20 serves)

- 1 egg
- 1/2 cup caster sugar
- 1 cup mashed overripe bananas
- 3/4 cup *Jalna Low Fat BerryFruit Yoghurt*
- 1/4 cup vegetable oil
- 2 1/4 cups self raising flour
- 1 teaspoon mixed spice
- 1 teaspoon bicarb soda
- 1/3 cup chopped nuts & seeds (eg. walnuts, pepitas, sunflower seeds)
- Extra nuts & seeds (for decoration)
- Extra *Jalna Low Fat BerryFruit Yoghurt* + fruit for serving

Method

In a food processor, whiz the egg and caster sugar.

Add banana and *Jalna Yoghurt*, whiz then add the oil.

Gradually add flour, spice and BiCarb soda, then stir through nuts and seeds. Pour mixture into a non-stick or baking paper lined loaf tin.

Sprinkle nuts and seeds over the top and bake in a moderate oven (180°C) for 1 hour or until cooked (when skewer inserted comes out clean).

Leave in tin for 5 minutes before turning onto a cake rack to cool.

Delicious warm or toasted, spread with *Jalna Low Fat Berryfruit* or *proheart Blueberry Yoghurt* and seasonal berries or mango slices.

Nutrition data per serve

Energy	1144kJ
Protein	7.5g
Total Fat	13g
Saturated Fat	2.0g
Carbohydrate	30g
Calcium	58mg
Fibre	2.6g
Sodium	367mg



Pear & Oatmeal Yoghurt Muffins



Ingredients

Makes 18

2 cups self raising flour
1 teaspoon mixed spice or cinnamon
2/3 cup rolled oats
1/2 cup sugar
2 ripe pears (or apples), chopped with skin on
2 eggs, lightly beaten
1½ cups *Jalna Low Fat BerryFruit Yoghurt*
6 tablespoons vegetable oil
Oil spray

Method

Sift flour and mixed spice into a bowl. Stir in oats, sugar and pear.

In a separate bowl combine lightly beaten egg, *Jalna Yoghurt* and oil. Gently stir *Yoghurt* mixture into flour, until just combined.

Spoon mixture into 12 non-stick muffin tins and bake in moderate oven (180°C) for 15-20 minutes or until skewer inserted in the middle comes out clean. Turn onto cake rack to cool.

Nutrition data per serve

Energy	735kJ
Protein	3.7g
Total Fat	7.2g
Saturated Fat	1.0g
Carbohydrate	24g
Calcium	51mg
Fibre	1.2g
Sodium	132mg



Parfait shots of Strawberry Yoghurt Sorbet with Raspberries



Ingredients

Serves 4

- 1 egg white
- 2 tablespoons sugar
- 500g *Jalna Low Fat Strawberry Yoghurt*
- 1 mango, peeled and finely diced
- 1 punnet fresh raspberries (or use frozen)
- 4 almonds, skin on, coarsely chopped
- 4 dried apricots, finely chopped

Method

Whisk egg white and sugar until soft peaks form (meringue texture). Blend Yoghurt and mango and fold into egg mixture. Pour into an ice cream maker and churn for 20 minutes. If no ice cream maker available, pour mixture into a freezer tray, freeze for 1 hour, whisk to break up the ice crystals and freeze again. Repeat and freeze until set.

Serve over raspberries, garnished with chopped almonds and apricots.

Nutrition data per serve

Energy	817kJ
Protein	9g
Total Fat	3.25g
Saturated Fat	1.95g
Carbohydrate	36g
Calcium	175mg
Fibre	3.0g
Sodium	112mg



BerryFruit Yoghurt Rice Dessert



Ingredients

Serves 6

- 1 egg white
- 1 teaspoon sugar
- 400g *Jalna Low Fat BerryFruit Yoghurt*
- 3 cups cooked medium grain rice
- Pinch cinnamon
- 50g fresh raspberries
- 50g fresh blueberries
- 50g fresh blackberries

Method

Whisk egg white and sugar until meringue texture.

Mix Jalna Yoghurt, rice and cinnamon.

Lightly fold in meringue and fresh berries and refrigerate.

Nutrition data per serve

Energy	794kJ
Protein	6.5g
Total Fat	2.2g
Saturated Fat	1.5g
Carbohydrate	39g
Calcium	130mg
Fibre	1.4g
Sodium	62mg

