

BERRY TASTY YOGHURT CONES

These half-time treats will keep your whole team going until the final whistle.

SPORT
RELIEF

IT'S GAME
ON



MAKES 8 CONES

YOU'LL NEED

- 8 ice cream cones
- Large tub of plain yoghurt
- Blueberries
- Blackberries
- Strawberries
- Colourful sprinkles (optional)

TO MAKE THE CONES

1. Wash the berries and leave to dry.
2. Cut strawberries into bite-size chunks.
3. Add a few spoonfuls of yoghurt to a cone, then add a layer of fruit.
4. Repeat until you reach the top, then decorate with a few final berries.
5. Add some sprinkles for the perfect finishing touch.

BANANA BOOSTERS

Need a quick energy boost?
These tasty treats will set you up
for sports day and beyond.



MAKES 8 BOOSTERS

YOU'LL NEED

- 8 chopsticks or lolly sticks
- 4 bananas
- 180g dark chocolate
- Hundreds and thousands

TO MAKE THE BOOSTERS

1. Line a baking sheet with greaseproof paper.
2. Break up and melt the chocolate on a low heat in the microwave.
3. Peel the bananas and chop each one in half.
4. Carefully slide a chopstick or lolly stick into each half.
5. Dip the end of each booster into the chocolate, using a spoon to make sure it's well-coated.
6. Sprinkle with hundreds and thousands and carefully place on the baking sheet.
7. Pop them in the fridge until the chocolate has set, then serve.

MATCH DAY MALT LOAF

This tasty bake gets better with age, so make it earlier in the week and leave the flavours to mingle until Friday.

SPORT
RELIEF IT'S GAME
ON



MAKES ONE LOAF

YOU'LL NEED

- Sunflower oil, for greasing
- 75ml hot black tea
- 90g malt extract, plus extra for glazing
- 40g dark muscovado sugar
- 150g mixed dried fruit
- 1 large egg, beaten
- 125g plain flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon bicarbonate of soda

TO MAKE THE MALT LOAF

1. Heat the oven to 150°C/130°C fan/gas mark 2.
2. Grease and line a 450g loaf tin.
3. Pour the hot tea into a mixing box with the malt extract, sugar and dried fruit.
4. Stir well, then add the egg.
5. Tip in the flour, then quickly stir in the baking powder and bicarbonate of soda.
6. Pour into the prepared tin and bake for 50 minutes until firm to the touch and well risen.
7. Take it out of the oven and while it's still warm, brush the top with a little more malt and leave it to cool in the tin.
8. Remove from the tin and, if you're saving it for later, wrap it up and do your best to resist.

BRUSCHETTA BITES

These simple-yet-satisfying savoury snacks really hit the spot when the team's feeling peckish.



MAKES 12 SLICES

YOU'LL NEED

1 baguette, cut into 2-3cm slices

Tomato bruschetta

- 8 tomatoes, sliced or diced
- 1/2 small red onion
- 1-2 cloves of garlic, crushed
- 6-8 fresh basil leaves, finely chopped
- 30ml balsamic vinegar
- 60-80ml extra virgin olive oil

Hummus bruschetta

- 1 pot of hummus (make your own or just pop to the shops)
- Half a cucumber, sliced
- 20 cherry tomatoes, halved
- 4 carrots, grated

Ham and cheese bruschetta

- 1 packet of sliced ham (wafer thin or thick cut – it's up to you)
- 1 tub of cream cheese
- 6 cherry tomatoes, halved (optional)



TO MAKE THE BRUSCHETTA

1. Toast both sides of the baguette slices under the grill. (Keep a close eye on them as it won't take long.)
2. Once they're golden brown, put them aside to cool a bit.
3. Pick your topping(s), spread over the sliced bread and serve.

TO MAKE THE TOPPINGS

Tomato bruschetta

1. Mix the tomatoes, onion, garlic and basil in a bowl.
2. Add the vinegar and oil, plus salt and pepper to taste.
3. Mix again then pop the bowl in the fridge for an hour.
4. Scatter a little topping on each slice, gently pressing it down to stop it flying off.

Hummus bruschetta

1. Spread some hummus on each slice.
2. Top with cucumber, tomato, carrot or a mixture of all three.

Ham and cheese bruschetta

1. Top each slice with a layer of cream cheese.
2. Cut the ham into 1cm squares.
3. Sprinkle the ham over the cheese.

KEEP YOUR TOPPINGS TIP-TOP

These don't travel too well once constructed. If you need to make them at home then take them to the snack sale, carry the bread and toppings separately, then layer up at the last minute.