

**5<sup>th</sup>(=) PRIZE****Porridge, Raisins and Honey***Veronica Gallagher*

<i>Preparation time:</i>	<i>Cooking time:</i>
1 min	7 mins

- |         |  |
|---------|--|
| Oats    | 1. Mix oats and milk, heat and bring to the boil with a dash of salt |
| Milk    |  |
| Raisins | 2. Simmer and serve  |
| Honey   |  |

*“Easy to make, lots of energy, and the effects last! Could take this with you to eat cold, or of course you could have it for breakfast!”*

**Some more of our favourite entries:****Towpath Trailmix***Ashley Townsend*

<i>Preparation time:</i>	<i>Cooking time:</i>
5 mins	Nil

- |  |   |
|--|---|
| 1 small packet unsalted peanuts                | 1. Mix all together or throw into a bag and shake vigorously. |
| 1 small packet chocolate chips                 |   |
| 2 of handfuls of raisins                       | 2. Can split into smaller bags for several trips.             |
| 2 handfuls crunchy granola cereal              |   |
| 2 handfuls broken banana chips                 |   |
| 1 handful chopped dried apricots / dried fruit |   |
| 1 handful chopped almonds or pine nuts         |   |
| Packet of Smarties (optional!)                 |   |

*“Nutritious, easy to make, and eatable en-route with minimum wobbling as bag can fit in jacket pocket. Handy to deter hissing swans or wild dogs – just throw into canal to distract the attacker!”*

**Tuna Salad Sarnie***Duncan Johnstone*

<i>Preparation time:</i>	<i>Cooking time:</i>
10 mins	Nil

- |                                 |  |
|---------------------------------|--|
| Wholemeal bread                 | 1. Mix all ingredients (except bread!) |
| Chopped celery + Chopped tomato |  |
| Raisins + Mushroom              | 2. Spread on bread – no butter needed  |
| Mashed tuna                     |  |
| Mayonnaise                      |  |

*“Convenience and fantastic taste, 2 veg portions towards my 5-a-day All organic, and also excellent if allergic to dairy (or to onion!)”*

**My Favourite Cycling Recipe****Selected from the very best SPOKES competition entries!!**

In 2006 Spokes ran a “*my favourite food to take when cycling*” competition. This leaflet gives a selection of entries, including all the prizewinning recipes. It should inspire you to do some home cooking - and then get out on your bike. Invite your friends to a picnic!!

Top marks were given for an enthusiastic description of why this was your favourite recipe, but we also took into account the following...

- Transportability* – is your food difficult to carry on a bike ride?
- Healthiness* – e.g. not too much saturated fat
- Skills and time* – is it difficult/complicated to make?
- Cost* – ideally it shouldn't be too expensive to make
- Food miles* – how many non-UK ingredients? (UK seasonal is fine)

We would like to thank everyone who donated prizes, as follows...

- [www.kalpnarestaurant.com](http://www.kalpnarestaurant.com) Indian vegetarian 0131.667.9890
- [www.engineshed.org.uk/cafe.htm](http://www.engineshed.org.uk/cafe.htm) Vegetarian café 662.0040
- [www.filmhousecinema.com](http://www.filmhousecinema.com) Now famed for bike films too 228.2688
- [www.s-luca.co.uk](http://www.s-luca.co.uk) Quality local ice cream 446.0233
- Harry Henniker* Author of *101 Bike Routes in Scotland*

**1<sup>st</sup> PRIZE****Sustrans Scotland Super-Snack***by Sustrans Scotland Staff*

<i>Preparation time:</i>	<i>Cooking time:</i>
10 mins	None

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|----------------|--|
| Cheese         | 1. During the morning stop at a shop and buy the ingredients – has to be done every day. |
| Roll           |  |
| Tomato         | 2. Squash into a pannier.  |
| Piece of fruit |  |
| Chocolate      | 3. Find a bench to sit on or stream to sit beside.                                       |
| Cake           |  |
|                | 4. Place cheese and tomato in roll and eat   |
|                |  |
|                | 5. Eat fruit, chocolate and cake when you fancy.   |
|                |  |

*“It's simple and cheap ... helps you remember that your ride is a holiday and should have frequent stops ... a chance to shop locally ... provides two-fifths of your fruit and veg for the day.”*

**4<sup>th</sup> PRIZE**  
**Scottish Energy Bars**  
*Audrey Fyfe*

*Preparation time:*  
About 10 mins

*Cooking time:*  
45 mins

- |  |   |
|--|---|
| 12 oz porridge oats                                      | 1. Pre-heat oven to gas 3 / 150C  |
| 8oz honey  | 2. Melt honey and butter in saucepan or microwave   |
| 8oz butter   | 3. Stir in oats, ginger and dried fruit   |
| 6oz dried blueberries (or sultanas or other dried fruit) | 4. Press into swiss roll tin  |
| 1.5 tsp ginger powder                                    | 5. Bake approx 45 mins  |
|  | 6. Cool for 10 mins and cut into large fingers, but leave until cold before removing from tin |

*"It's all Scottish food ... very simple to make and carry ... full of energy and very sustaining ... use up the calories by cycling!"*

**3<sup>rd</sup> PRIZE**  
**20-mile Muffins**  
*Mike Lewis*

*Preparation time:*  
10 mins

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|--------------------------------|---|
| 110g butter                    | 1. Pre-heat oven to gas 4 / 190C  |
| 150g wholemeal flour           | 2. Melt butter in saucepan or microwave   |
| 150g maize flour               | 3. Sieve flours into large mixing bowl, tip in residual bran from seive.  |
| 1 tsp baking powder            | 4. Add baking power, nuts and seeds   |
| 50g walnut pieces              | 5. Mix the grated carrot, milk and eggs into the melted butter  |
| 15g pumpkin or sunflower seeds | 6. Combine wet and dry ingredients, mixing thoroughly but taking care not to overmix. Should have consistence of a loose batter |
| 1 large carrot, finely grated  | 7. Bake for 25 mins   |
| 300ml milk or soya milk        |   |
| 2 medium eggs, beaten          |   |

*"20-mile muffins because that's how far I can peddle on the energy charge from each piece! And the calories aren't the sugar-borne variety that leave you hungry a few minutes after eating them ...they travel well ... most of important of all, they're absolutely delicious!"*

**2<sup>nd</sup> PRIZE**  
**Snack Attack Brack**  
*Christine Thompson*

*Preparation time:*  
Overnight soak + 10 minutes

*Cooking time:*  
1.5 to 2 hours

- |                                |  |
|--------------------------------|--|
| One cup of tea (without milk!) | 1. <i>Overnight:</i> soak fruit and sugar in tea           |
| 450g mixed dried fruit         | 2. <i>Next day:</i> Pre-heat oven to gas 3 / 150C          |
| 1 cup brown sugar              | 3. Mix all ingredients together                            |
| 2 cups self raising flour      | 4. Pour into well greased 21x11x5cm loaf tin               |
| 1 well beaten egg              | 5. Bake for 1.5 to 2 hours, or until knife comes out clean |

*"Easy to make, transport and keep (in a tin) ... Full of energy, but without added fat ... Smells fantastic when cooking ... Try spreading with extra energy – butter, marge, honey or jam – or eat it plain."*

**5<sup>th</sup>(=) PRIZE**  
**Inclusive Banana Muffins**  
*Mark James*

*Preparation time:*  
10 mins

*Cooking time:*  
20-25 mins

- |   |  |
|---|--|
| 2-3 ripe bananas                                | 1. Pre-heat oven to gas 4 / 180C   |
| 250g flour – wholemeal spelt and barley mixture | 2. Mash bananas in mixing bowl   |
| 8tbsp sunflower oil                             | 3. Add sunflower oil and honey   |
| 75g Scottish honey                              | 4. Mix in dry ingredients  |
| 125g sultanas                                   | 5. Add water and mix thoroughly until a very thick batter that drops off spoon |
| 0.5teasp bicarb of soda                         | 6. Spoon mixture into a muffin tin, enough for 12.                             |
| approx 200mls water                             |  |

*"A wholesome, sturdy muffin that will take a few knocks! Very healthy with no saturated fat or refined sugar. Also an inclusive muffin because it contains no eggs so vegans can get stuck in too!"*

**PRIZE-LESS**  
**The Banana – Oliver Brookes**

*Preparation and Cooking:*  
2 seconds??

A Banana      Snap stalk and place in pocket, to eat on the move.

*"Curved for aerodynamic body fit, this inherently comic fruit has its own HiViz biodegradable packaging. Grown less than 10 food miles away in Fyffe, it contains more instantly convertible uphill leg energy than almost any other yellow fruit."*